

CRANK **CONDITIONING**

***REPLACE BORING
CARDIO WITH
METABOLIC
CONDITIONING***



MIKE WHITFIELD, CTT
WWW.WORKOUTFINISHERS.COM

Welcome from Mike Whitfield & WorkoutFinishers.com



“Cardio”... dramatic pause..., yeah, THAT word.

We’re embedded with it. It’s what people do to “get in shape”, but yet after weeks of this mindless and BORING exercise, they get no results. Best case scenario – they become a smaller version of themselves with no muscle and definition.

That’s why you’ll replace long, boring cardio with metabolic conditioning. For one thing, it’s a lot more fun. Second, you’ll get better and FASTER results because you’ll work more muscle and burn more calories.

Then you’ll get that lean, athletic and chiseled look you’ve been looking for that you can’t get from cardio.

So definitely replace your boring cardio days with these fat-burning metabolic conditioning workouts and you’ll be shredded in no time.

**Finish Strong,
Mike Whitfield, CTT**

PS – Check out my websites here

www.TrainwithFinishers.com - my blog dedicated to metabolic resistance training, conditioning and my favorite, metabolic finishers.

www.WorkoutFinishers.com – The best finishers in all the land

And be sure to join the Workout Finishers facebook page here
www.facebook.com/workoutfinishers

See you on facebook? I better.

Disclaimer:

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

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

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do these metabolic conditioning workouts for 8 weeks (details below)
- Don't be afraid to ask a question on my facebook page here:
www.facebook.com/workoutfinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

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



Crank Conditioning Workout Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. 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.

- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.

Warm-up

Prisoner Squat (10)
T Pushups (5/side)
Leg Swings (15/side)

IMPORTANT

Do these Conditioning Workouts 2 days per week on your “off” days to improve performance and burn more calories for 8 weeks.

You’ll do Phase 1 for 4 weeks and then Phase 2 for 4 weeks. Go back and forth between Workouts A and B. So your schedule might look like this...

Weeks 1-4 Phase 1 Workouts

Tuesdays Workout A

Thursdays Workout B

Weeks 5-8 Phase 2 Workouts

Tuesdays Workout A

Thursdays Workout B

Note - Since this is to replace cardio, start conservative your first week. Don’t be afraid to cut back on circuits and reps your first week.

Workout Schedule – Phase 1 (Weeks 1-4)

Workout A – Metabolic Conditioning Training (MCT)

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

- 1A) Narrow Stance Goblet Squat (15)
- 1B) Close-Grip Pushups (15)
- 1C) Jumping Jacks (20)
- 1D) DB or Medicine Ball Chops (15/side)
- 1E) KB or DB Swings (15)
- 1F) Mountain Climbers (10/side)
- 1G) Total Body Extension (20)
- 1H) Pushup Plank (30 secs)

Stretch as needed

Workout Schedule – Phase 1 (Weeks 1-4)

Workout B – Metabolic Conditioning Training (MCT)

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

- 1A) Alternating Goblet Reverse Lunge (15/side)
- 1B) DB Chest-Supported Row (20)
- 1C) Spiderman Climb (10/side)
- 1D) Total Body Extension (20)
- 1E) Close-Grip 3/4th Rep Pushups (20)
- 1F) Stability Ball Leg Curl (20)
- 1G) Bodysaw (10)

Stretch as needed

Workout Schedule – Phase 2 (Weeks 5-8)

Workout A – Metabolic Conditioning Training (MCT)

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

- 1A) Inverted Row or Strap Row (20)
- 1B) Lunge Jumps (8/side)
- 1C) X-Body Mountain Climber (8/side)
- 1D) Skater Hops (15/side)

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

- 2A) DB Squat and Press (15)
- 2B) Ab Wheel or Stability Ball Rollout (15)
- 2C) DB Chest Press (20)
- 2D) Shuttle Sprint (20 secs)

Stretch as needed

Workout Schedule – Phase 2 (Weeks 5-8)

Workout B – The Metabolic 300 Conditioning

Do the following circuit ONE time, resting only when needed. Record your time that it takes you to complete it. Each week, try to beat your previous time.

- 1A) Jump Squats (25)
- 1B) Spiderman Pushups or Offset Pushups (10/side)
- 1C) Alternating Prisoner Lunge (25/side)
- 1D) Triple Stop Pushup (20)
- 1E) Jumping Jacks (100)
- 1F) Bodyweight Squat (40)
- 1G) Burpee/X-Body Mountain Climber Combo (15)
- 1H) KB or DB Swings (30)

Stretch as needed

Crank Conditioning 1.0

Phase 1 (Weeks 1-4)

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) NS Goblet Squat (15)												
1B) Close-Grip PU (15)												
1C) Jumping Jacks (20)												
1D) DB or MB Chops (15/side)												
1E) KB/DB Swings (15)												
1F) Mountain Climbers (10/side)												
1G) Total Body Extension (20)												
1H) Pushup Plank (30s)												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Alt Goblet Rev Lunge (15/side)												
1B) DB Chest-Supported Row (20)												
1C) Spiderman Climb (10/side)												
1D) Total Body Extension (20)												
1E) Close-Grip 3/4 th Rep PU (20)												
1F) Stability Ball Leg Curl (20)												
1G) Bodysaw (10)												

Phase 2 (Weeks 5-8)

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Inverted or Strap Row (20)												
1B) Lunge Jumps (8/side)												
1C) X-Body MC (8/side)												
1D) Skater Hops (15/side)												
2A) DB Squat & Press (15)												
2B) Ab Wheel or SB Rollout (15)												
2C) DB Chest Press (20)												
2D) Shuttle Sprint (20s)												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Jump Squats (25)												
1B) Spiderman or Offset PU (10/side)												
1C) Alt Prisoner Lunge (25/side)												
1D) Triple Stop Pushup (20)												
1E) Jumping Jacks (100)												
1F) Bodyweight Squat (40)												
1G) Burpee/X-Body MC Combo (15)												
1H) KB/DB Swings (30)												

Exercise Descriptions

Warm-Up

Disclaimer:

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

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.



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.



Warm-Up

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Phase I – Workout A

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.



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.



Phase I – Workout A

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 or Medicine Ball 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



Phase I – Workout A

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.



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.



Phase I – Workout A

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.**



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



Phase I – Workout B

Alternating Goblet Reverse Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that 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.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings.



DB Chest Supported Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



Phase I – Workout B

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.



Total Body Extension – (see above)

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



Phase I – Workout B

Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Bodysaw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



Phase II – Workout A

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.



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.



Phase II – Workout A

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



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.



Phase II – Workout A

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.



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.



Phase II – Workout A

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.



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.



Phase II – Workout A

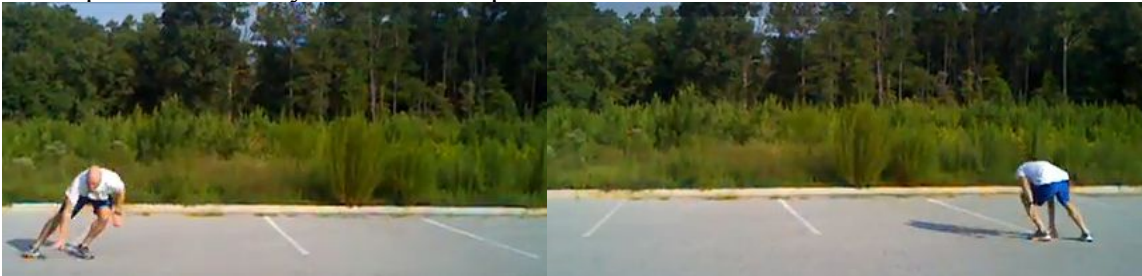
DB Chest Press

- 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.



Shuttle Sprints

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Phase II – Workout B

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.



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.



Phase II – Workout B

Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.



Alternating Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward 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 and switch legs.



Phase II – Workout B

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.



Jumping Jacks – (see above)

Bodyweight Squat

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



Phase II – Workout B

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.



KB/DB Swings – (see above)

More Resources to Fat-Torcing 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.AbFinishers.com - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

www.TrainwithFinishers.com - The new 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