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SPRING CHARGE

***THE JUMP START TO
GET LEAN FOR SPRING***



MIKE WHITFIELD, CTT

Welcome from Mike Whitfield & Workout Finishers



It's beginning to look like Spring Time... eeeeeverywhere you go. Take a look at the sunny days... and all of the thrifty craze... right at youuuur froooont dooor.

Oh c'mon. That's hilarious.

I love spring. Here in Georgia, the weather is beautiful this time of year. But the adrenaline rush of spring starts to fade away and then panic sets in.

With warmer weather coming... that means we're heading into swim season. And that means you have to shed the winter fat once and for all, and of course, show off new muscle.

That's where this program comes in. You'll discover NEW muscle and burn belly fat starting with the 5X5 scheme of the first exercise in workout A. Plus, you'll get a finisher with every workout (duh) including the Metabolic 100 in workout A, the "90 Seconds to Greatness" in workout B and finally the "Swing On, Swing Off" finisher in Workout C.

**To the charge you need... just in time for Spring,
Mike Whitfield, CTT
Author, Workout Finishers**

PS – For more metabolic finishers, check out these sites:

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

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

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

Train SAFE!

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

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



Finishers Spring Charge 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.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

Bodyweight Switch Lunge (5/side)

Jumping Jacks (15)

T Pushup (5/side)

Leg Swings (15/side)

Train 3 days per week.

Follow this workout for 4 weeks and then switch to another program.

Finishers Spring Charge

Finishers Spring Charge Workout Schedule

Day 1 – Workout A

1) DB Jump Squat (5)

Rest 30 seconds and repeat 4 more times for a total of 5 sets

2A) Reverse Grip Lat Pulldown (8) or DB Row (8/side)

2B) DB Chest Press (10)

2C) Stability Ball Leg Curl (15)

Rest 1 minute and repeat 2 more times

3A) Spiderman Pushup Plank (20 secs/side)

3B) Hanging Leg Raise or Knee Raise (8-12)

Rest 1 minute and repeat 2 more times

Metabolic 100 Finisher

Do the following circuit ONE time resting ONLY when needed:

4A) Goblet Squat (25)

4B) Decline Pushups (25)

4C) Total Body Extension (40)

4D) Mountain Climber Sprint to Start (10)

Stretch as needed

Day 2 – Recovery day and light activity

Finishers Spring Charge

Finishers Spring Charge Workout Schedule

Day 3 – Workout B

1A) Offset Reverse Lunge (8/side)
1B) Arnold Press (8)
1C) Stability Ball Stir-the-Pot (6/side)
Rest 1 minute and repeat 2 more times

2A) DB Split Squat (12/side)
2B) Explosive Pushup (10)
Rest 1 minute and repeat 2 more times

3A) DB Curl (12)
3B) Lying DB Tricep Extensions (12)
Rest 1 minute and repeat 2 more times

90 Seconds to Greatness Finisher

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

4A) Jump Rope or Run-in-Place (30 secs)
4B) Medicine Ball Slams or Alternating DB Chops (30 secs)
4C) Mountain Climbers (30 secs)

Stretch as needed

Day 4 – Recovery day and light activity

Finishers Spring Charge

Finishers Spring Charge Workout Schedule

Day 5 – Workout C

1A) Chinup or Inverted Row or Strap Row (half of MAX reps)

1B) Dips or Close-Grip Pushups (half of MAX reps)

Rest 30 seconds and repeat 5 more times for a total of 6 supersets

2A) DB Walking Lunge (10/side)

2B) Stability Ball Jackknife (15)

2C) DB Romanian Deadlift (12)

2D) Bodysaw (15)

Rest 1 minute and repeat 2 more times

Swing On, Swing Off Finisher

Do the following as shown 6 times:

3) KB or DB Swings (20 secs), rest 10 secs

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Finishers Spring Charge

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
1) DB Jump Squat (5) (5 sets)												
2A) RG Lat Pulldown or DB Row (8)												
2B) DB Chest Press (10)												
2C) Stability Ball Leg Curl (15)												
3A) Spiderman PU Plank (20s/side)												
3B) Hanging Leg or Knee Raise (8-12)												
Metabolic 100 Finisher												
4A) Goblet Squat (25)												
4B) Decline Pushup (25)												
4C) Total Body Extension (40)												
4D) MC Sprint to Start 10)												
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) Offset Reverse Lunge (8/side)												
1B) Arnold Press (8)												
1C) SB Stir-the-Pot (6/side)												
2A) DB Split Squat (12/side)												
2B) Explosive Pushup (10)												
3A) DB Curl (12)												
3B) Lying DB Tricep Extensions (12)												
4A) Jump Rope or Run-in-Place (30s)												
4B) MB Slams or Alt DB Chops (30s)												
4C) Mountain Climbers (30s)												
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) CU/Inv Row/Strap Row (1/2 max)												
1B) Dips or CG Pushups (1/2 max)												
2A) DB Walking Lunge												
2B) Stability Ball Jackknife (15)												
2C) DB Romanian Deadlift (12)												
2D) Bodysaw (15)												
3) KB/DB Swings (20s), rest 10s – 6X												

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.

Bodyweight Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- 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 back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep; repeat for all reps and then switch legs



Finishers Spring Charge

Warm-up

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



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.



Workout A

DB Jump Squats

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



Reverse Grip Lat Pulldown

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



Workout A

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 Chest Press

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



Workout A

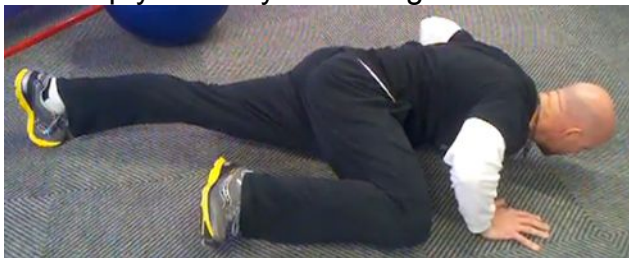
Stability Ball Leg Curl

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



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.



Workout A

Hanging Leg or Knee 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.



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.



Workout A

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.



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.**



Workout A

Mountain Climber Sprint to Start

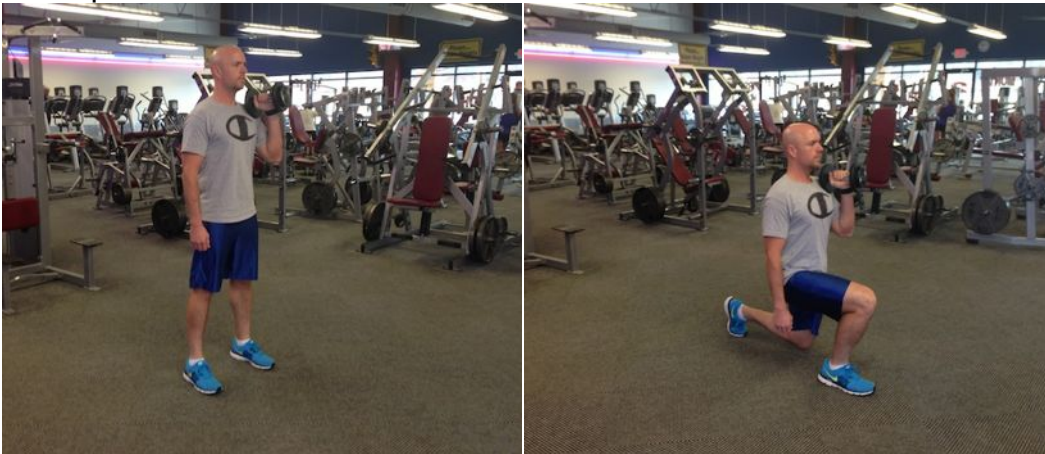
- Start in pushup position
- Do one mountain climber, and with knee at chest,
- Come out of that position and do 2-3 strides,
- Then go down to mountain climber, do one rep,
- Go back across from where you came from (if doing in small area)



Workout B

Offset Reverse Lunge

- Stand with your feet shoulder-width apart.
- Hold one dumbbell at shoulder height on your left side.
- Step back with your left 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.
- Repeat for the other side.



Arnold Press

- Start with holding a pair of dumbbells with your arms extended in front of your thighs.
- Perform a bicep curl by bringing the dumbbells up to your shoulders while contracting your biceps.
- Press the dumbbells overhead by performing a DB press.
- That's one rep. Repeat as necessary.



Workout B

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.



DB 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.



Workout B

Explosive Pushups (AKA Plyo Pushups)

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



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.



Workout B

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.



Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



Workout B

Medicine Ball Slam

- Grab a medicine ball and hold it over your head
- Keeping your abs braced, slam the ball on the ground, keeping a slight bend in your knees and your arms straight
- Repeat as necessary.



Alternating DB Chops

- Grab a dumbbell
- 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.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



Workout B

Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Workout C

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



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 Spring Charge

Workout C

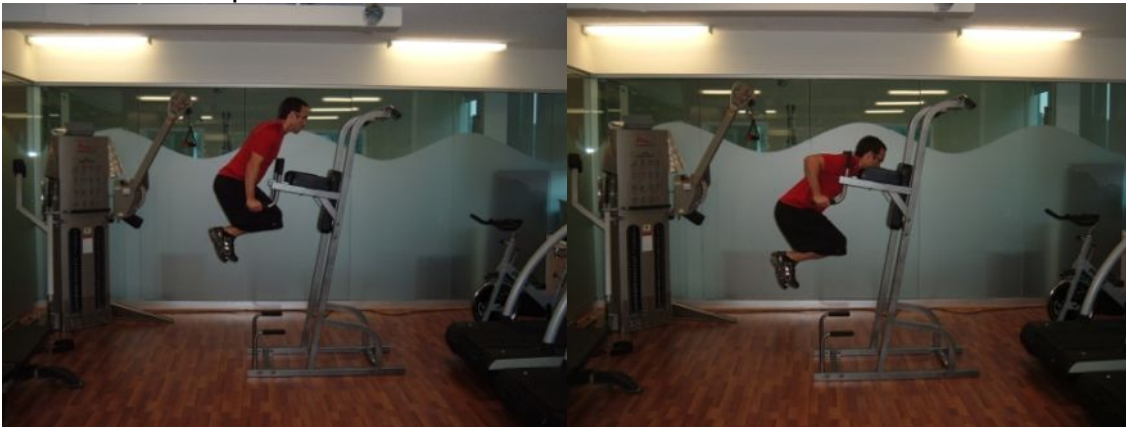
Strap Row

- 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.



Dips

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.
- If doing the 3/4th rep dips, then go down about 75% of a full rep and then come back up.



Workout C

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.



DB Walking Lunge

- Stand with your feet shoulder-width apart, holding a pair of dumbbells at your sides.
- 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.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



Workout C

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.



DB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



Workout C

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!



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.



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.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

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- ✓ Break a weight loss plateau
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**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