

4-Week Program for Cynthia Seney

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 dietitian. 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.



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 Circuit (before every workout)

Arm Crosses (15)
1-Leg Hip Extensions (6/side)
Pushups (6)
Leg Swings (15/side)

Train 3 days per week.

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

Workout Schedule

Day 1 – Workout A

1A) Bodyweight Split Squat (8/side)

1B) DB Row (15/side)

Rest 1 minute and repeat one more time

2A) Hip Extension (10)

2B) Pushups or Kneeling Pushups (12)

Rest 1 minute and repeat one more time

3A) Pushup Plank (30 secs)

3B) Side Plank (20 secs/side)

Rest 1 minute and repeat one more time

Finisher

4) Total Body Extension (10), rest 30 seconds

Do the above 3 times

Stretch as needed

Day 2 – Recovery day (off)

Workout Schedule

Day 3 – Workout B

1A) Bodyweight Squat (12)

1B) Close-Grip Pushups (10)

Rest 1 minute and repeat one more time

2A) Prisoner Reverse Lunge (8/side)

2B) X-Body Mountain Climber (8/side)

Rest 1 minute and repeat one more time

3A) Band Pulls (15)

3B) Plank (30 secs)

Rest 1 minute and repeat one more time

Stretch as needed

Day 4 – Recovery day (off)

Workout Schedule

Day 5 – Workout C

1A) 1-Leg Hip Extension (10/side)
1B) Seated Row (using a band) (12)
Rest 1 minute and repeat one more time

2A) 1-Arm DB Shoulder Press (12/side)
2B) Bodysaw (8)
Rest 1 minute and repeat one more time

3A) Split Shuffle (30 secs)
3B) Cross Crawl (10/side)
Rest 1 minute and repeat one more time

Finisher

4) Jumping Jacks (15)
Rest 20 seconds and repeat 2 more times

Stretch any tight muscles

Days 6 and 7 – Recovery days (off)

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) BW Split Squat (8/side)			X			X			X			X
1B) DB Row (15/side)			X			X			X			X
2A) Hip Extension (10)			X			X			X			X
2B) Pushups or Kneeling Pushups (12)			X			X			X			X
3A) Pushup Plank (30 secs)			X			X			X			X
3B) Side Plank (20 secs/side)			X			X			X			X
4) Total Body Extension (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) BW Squat (12)			X			X			X			X
1B) CG Pushup (10)			X			X			X			X
2A) Prisoner Reverse Lunge (8/side)			X			X			X			X
2B) X-Body MC (8/side)			X			X			X			X
3A) Band Pulls (15)			X			X			X			X
3B) Plank (30 secs)			X			X			X			X
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) 1-Leg Hip Extension (10/side)			X			X			X			X
1B) Seated Row w/Band (12)			X			X			X			X
2A) 1-Arm Shoulder Press (12/side)			X			X			X			X
2B) Bodysaw (8)			X			X			X			X
3A) Split Shuffle (30 secs)			X			X			X			X
3B) Cross Crawl (10/side)			X			X			X			X
4) Jumping Jacks (15)												

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.

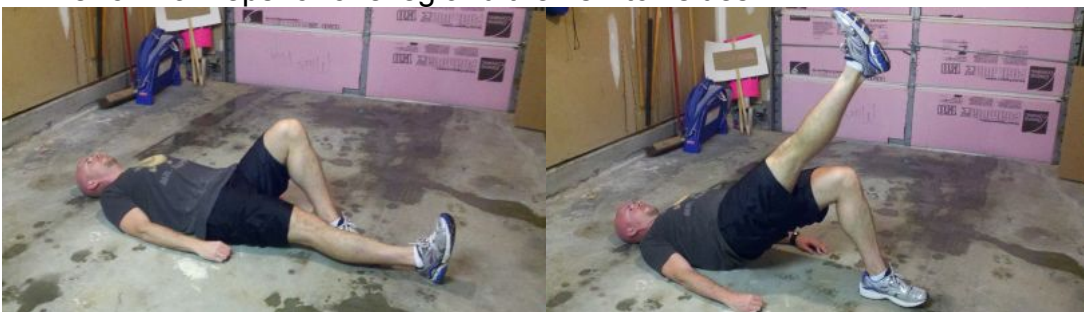
Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Warm-up

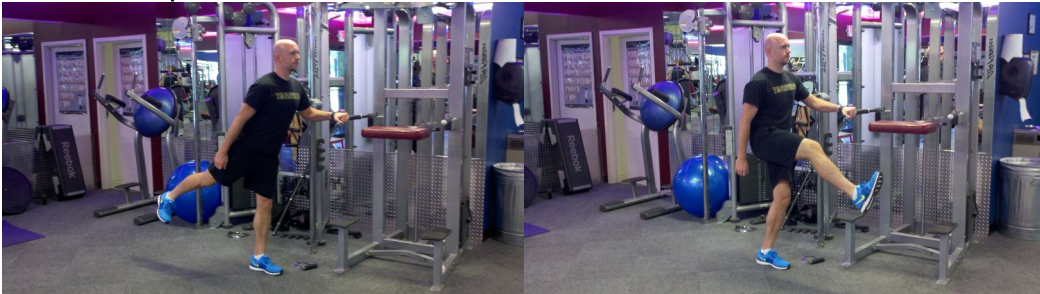
Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



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

Bodyweight Split Squat

- Stand with your feet shoulder-width apart.
- 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.



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.



Workout A

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- 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. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Pushup – (see above)

Kneeling Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Workout A

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



Side Plank

- Lie on a mat or on the floor on one side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time. Switch sides.



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.**



This is quite the “odd” exercise, so watch this video:

<http://www.youtube.com/watch?v=ZPuxltlo9Og>

Workout B

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.



Close-grip Pushup (or Kneeling Close-Grip Pushup)

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- 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.



Workout B

Prisoner Reverse Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backward 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.
- Pull back to the start position with the front leg.



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.



Workout B

Band Pull

- Hold a resistance band with your hands spaced shoulder width apart.
- Using light to moderate tension, pull the band apart by squeezing your shoulder blades together. Slowly return to the start position.



Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



Workout C

1-Leg Hip Extension – (see above)

Seated Row w/ Band

- Use a long bar and take a greater than shoulder-width overhand grip OR you can use a resistance band.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together or bring the handles of the band back.



1-Arm Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



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!



Split Shuffle

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some coordination



Workout C

Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



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

