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# METABOLIC SHOCK

*Metabolic Workouts with  
Shocking Finishers*



Mike Whitfield, CTT

**Welcome from Mike Whitfield & Workout Finishers**



You're about to be shocked... metabolically shocked that is. <== Hilarious!

Seriously, these metabolic workouts will drain you, burn fat and get you in amazing shape fast, but the finishers are... well, shocking. That's why I tell you to rest for a full 2 minutes before the finisher. Brace yourself!

But you and I both know that it takes hard work to burn fat and get in amazing shape. So, do the work and you'll have all day energy while shrinking belly fat.

These adrenaline-rush workouts are the shock you need to get back in shape.

So brace yourself and prepare for the rush and energy... but more importantly, the shock.

**Shocking yourself rocks,  
Mike Whitfield, CTT  
Author, Workout Finishers**

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 51 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](https://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](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.





### **Metabolic Shock 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)**

Jumping Jacks (15)  
Alternating Prisoner Lunge (8/side)  
T Pushups (5/side)  
Leg Swings (15/side)

**Train 3 days per week.**

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

## **Metabolic Shock Workout Schedule**

### **Day 1 – Workout A**

1A) BB Split Squat or Goblet Split Squat (8/side)  
1B) High Pull (8)  
1C) Stability Ball Ab Pike or TRX Ab Pike (10)  
Rest 1 minute and repeat 2 more times

2A) DB Incline Chest Press (10)  
2B) DB Rear Lateral Raise (12)  
2C) Stability Ball Leg Curl (15)  
Rest 1 minute and repeat 2 more times

### **Arm Shock Circuit**

3A) DB or BB Curl w/Back Braced (8)  
3B) DB Lying Triceps Extension (8)  
3C) DB Hammer Curl (15)  
3D) Close-Grip 3/4<sup>th</sup> Rep Pushups (15)  
Rest 1 minute and repeat ONE more time

### **Metabolic Shock Finisher**

Do the following circuit 3 times, resting as shown:

4A) Lunge Jumps (20 secs), rest 10 secs  
4B) Explosive Pushup or Regular Pushup (20 secs), rest 10 secs  
4C) Alternating DB Chop (20 secs), rest 10 secs

**Stretch as needed**

**Day 2 – Recovery day and light activity (brisk walk for example)**

## Metabolic Shock

### Metabolic Shock Workout Schedule

#### Day 3 – Workout B

1A) \*DB Chest Press (5-second lowering phase) (8)

1B) DB Romanian Deadlift (10)

Rest 1 minute and repeat 2 more times

\*Take 5 seconds to bring the weights down to chest level

2A) DB Row (8/side)

2B) Goblet Squat and Press (12)

Rest 1 minute and repeat 2 more times

3A) DB Step-up (10/side)

3B) Pushup/X-Body Mountain Climber Combo (12)

Rest 1 minute and repeat 2 more times

#### Metabolic Shock Ab Finisher

Do as many rounds of the following circuit as possible in 5 minutes, resting ONLY when needed.

4A) Stability Ball Stir-the-Pot or Spiderman Climb (5/side)

4B) Braced Squat (5)

4C) Plank to Tricep Extension (5)

**Stretch as needed**

**Day 4 – Recovery day and light activity (brisk walk for example)**

## **Metabolic Shock Workout Schedule**

### **Day 5 – Workout C**

- 1A) Offset Lunge (8/side)
- 1B) DB Chest Supported Row (12)
- 1C) 1-Leg Stability Ball Plank or 1-Leg Plank (20 secs/side)
- Rest 1 minute and repeat 2 more times

### **Metabolic Shock Conditioning Circuit**

- 2A) KB or DB Swings (20)
- 2B) Mountain Climbers (10/side)
- 2C) Box or Bench Jumps (8)
- 2D) Stability Ball Jackknife (15)
- 2E) Skater Hops (15/side)
- 2F) KB or DB Swings (20)
- Rest 1 minute and repeat 2 more times

### **Metabolic Shock Finisher**

Do the following superset, resting only when needed. In the first superset, you'll perform 8 reps of each exercise. In the next superset, you'll perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

- 3A) Jump Squat (8...1)
- 3B) Squat Thrust (8...1)

**Stretch any tight muscles**

**Days 6 and 7 – Recovery day and light activity**



## Metabolic Shock

<b>Workout A</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) BB SS or Goblet SS (8/side)												
1B) High Pull (8)												
1C) SB or TRX Pike (10)												
2A) DB Incline Press (10)												
2B) DB Rear Lat Raise (12)												
2C) SB Leg Curl (15)												
3A) DB or BB Curl w/Back Braced (8)			X			X			X			X
3B) DB Lying Tricep Ext (8)			X			X			X			X
3C) DB Hammer Curl (15)			X			X			X			X
3D) CG 3/4 <sup>th</sup> Rep PU (15)			X			X			X			X
4A) Lunge Jumps (20s), rest 10s												
4B) Ex PU or PU (20s), rest 10s												
4C) Alt DB Chop (20s), rest 10s												
<b>Workout B</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) Chest Press w/5s low phase (8)												
1B) DB RDL (10)												
2A) DB Row (8/side)												
2B) Goblet Squat and Press (12)												
3A) DB Step-up (10/side)												
3B) Pushup/X-Body MC Combo (12)												
<b>Finisher – 5 mins</b>												
4A) SB STP or Spi Climb (5/side)												
4B) Braced Squat (5)												
4C) Plank to Tri Ext (5)												

## Metabolic Shock

<b>Workout C</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 Lunge (8/side)												
1B) DB CSR (12)												
1C) 1-Leg SB Pk or Pk (20s/side)												
2A) KB/DB Swings (20)												
2B) MC (10/side)												
2C) Box or Bench Jumps (8)												
2D) SB Jackknife (15)												
2E) Skater Hops (15/side)												
2F) KB/DB Swings (20)												
<b>Finisher (8 reps down to 1 rep each)</b>												
3A) Jump Squat (8...1)												
3B) Squat Thrust (8...1)												

## 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.

#### **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



#### **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.



### Warm-up

#### 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.



#### Leg Swings

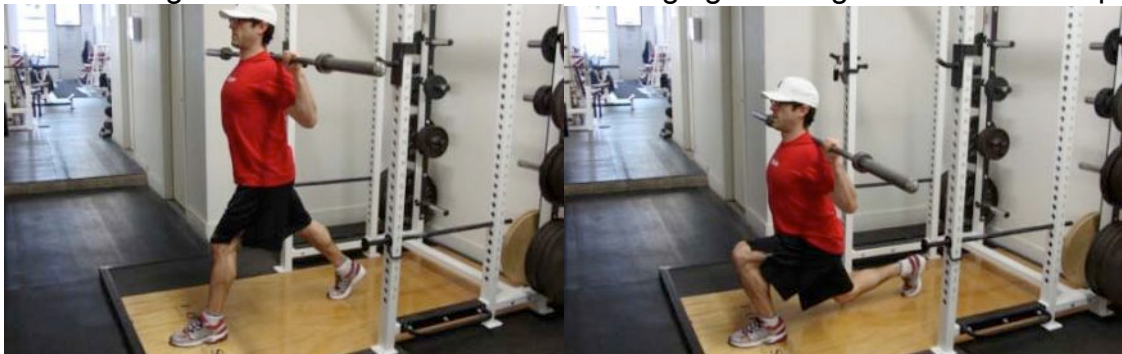
- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do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



## **Workout A**

### **Barbell Split Squat**

- Hold a barbell across your upper traps.
- Step forward until you are in the split position – slightly greater than the distance of a normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.
- Add weight to the barbell to make it challenging for the given number of reps.



### **Goblet Split Squat**

- Stand with your feet shoulder-width apart and hold a dumbbell in front of your chest.
- 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.

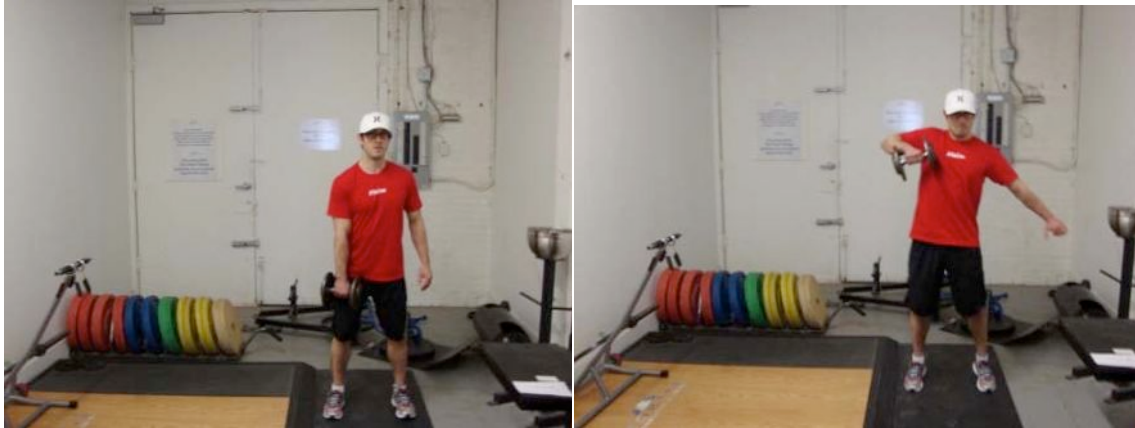




## **Workout A**

### **DB High Pull**

- Hold a dumbbell at arm's length in one hand.
- Brace your abs, bend your knees, and push your hips back slightly. This is called the “athletic position”, and is our start point for this exercise.
- Dip your hips into a quarter squat and drive up explosively, simultaneously pulling the dumbbell up to chest height.
- Rise up onto the balls of your feet and keep your elbow out to the side.
- Drop down to the start position, reset, and repeat all reps for one side then switch.
- Note - you can also do both sides at the same time with two dumbbells



### **Stability Ball Pike**

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- 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.





## Workout A

### TRX Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- 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, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.



### DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Workout A

### **DB Rear Lateral Raise**

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



### **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.

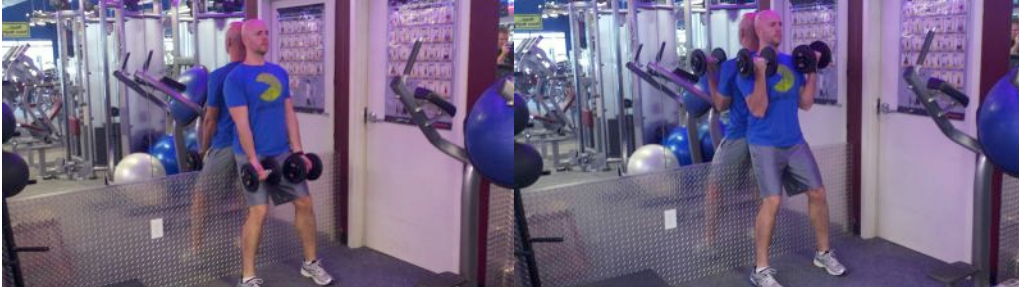




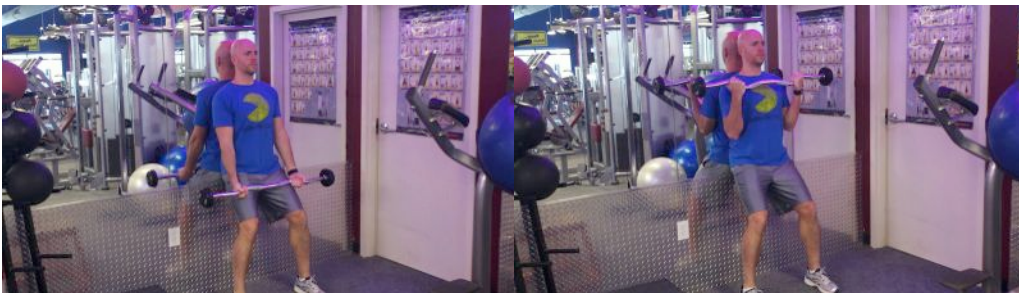
### Workout A

#### **DB or BB Curl w/Back Braced**

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



OR...



#### **DB Lying 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.



## **Workout A**

### **DB Hammer Curl**

- Stand with your feet shoulder width apart holding a pair of dumbbells with your arms extended.
- Keeping your abs braced, bring the dumbbells up towards your shoulders.
- Slowly lower the dumbbells back to the starting position.



### **Close-Grip 3/4<sup>th</sup> 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





## **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



### **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



## Workout A

### 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.



### 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**

### **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.



### **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 B**

### **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.



### **Goblet Squat and Press**

- Hold a dumbbell close to your chest and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position, then press the weight upward above your head.





## **Workout B**

### **DB Step-Up**

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in each hand (optional).
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.



### **Pushup/X-Body Mountain Climber Combo**

- Start in the pushup position and your abs braced.
- Perform a pushup by lowering yourself to the ground, keeping a straight line with your body.
- Push through your hands back to the starting position.
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your body in a straight line. Repeat for the other side.
- That's one rep – repeat as necessary.



## **Workout B**

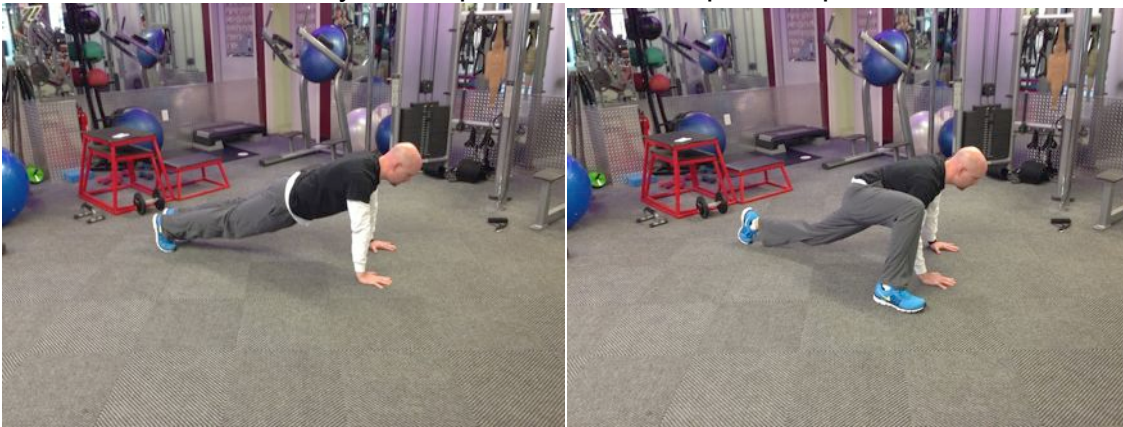
### **Stability Ball Stir-the-Pot**

- 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.



### **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.





## **Workout B**

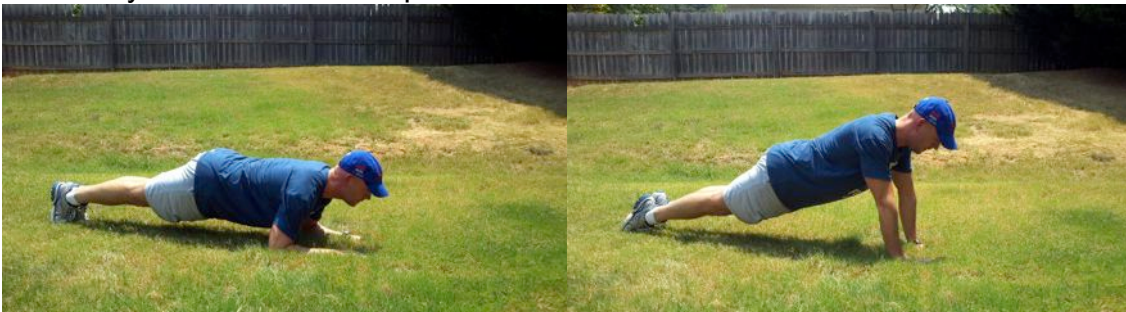
### **Braced Squat**

- Hold a dumbbell or medicine ball in front of your chest with your arms extended.
- Your feet should be just outside shoulder width.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position, keeping the DB or medicine ball extended in front of you throughout the movement.



### **Plank to Triceps Extension**

- 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.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



### **Workout C**

#### **Offset Lunge**

- Stand with your feet shoulder-width apart.
- Hold one dumbbell at shoulder height on your left side.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.
- Repeat for the other side.



#### **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.





### **Workout C**

#### **1-Leg Stability Ball Plank**

- Put your arms on a stability ball, keeping your abs braced
- Lift one leg and hold this position as prescribed
- Switch sides or switch in the next circuit



#### **1 -Legged Plank**

- Keeping a straight line with your body, balance your weight on your toes of one foot and forearms and keep your abs braced.
- Switch legs and repeat



### **Workout C**

#### **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.





### Workout C

#### **Box or Bench Jumps**

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



#### **Stability Ball Jackknife**

- 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.



### Workout C

#### 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.



#### KB/DB Swings – (see above)

#### 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.



**Workout C**

**Squat Thrusts**

- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out





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

[www.WorkoutFinishers.com](http://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](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://www.AbFinishers.com) – The latest cutting-edge ab exercise combined with the power of metabolic 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**