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# Interval Chaos



**Break ANY Plateau with  
Underground Interval Secrets**

**Mike Whitfield, Master CTT**

## Welcome from Mike Whitfield & Workout Finishers



Unless you've been living in an igloo in Antarctica, you already know that intervals outperform regular cardio ANY day when it comes to losing belly fat.

And if you do live in an igloo in Antarctica and you know about intervals. I salute you.

But the truth is that most people do intervals wrong. Jogging at a speed of 5.0 on the treadmill for 1 minute followed by a minute at 5.5 is NOT interval training.

So, with this unique program, you're not only going to upgrade your interval training, you're going to discover some chaotic methods. You're going to take your conditioning to a whole new level and burn belly fat at the same time.

You haven't seen these interval training methods before and this manual will over-deliver on adrenaline rushes.

I hope you're ready and you have the caffeine kicking in. This is going to rock your world.

Your friend,  
Mikey "Pancakes" Whitfield, Master CTT

**PS – Don't hesitate to ask me any questions on my facebook page here (and "like" for a FREE gift):**

[www.facebook.com/WorkoutFinishers](http://www.facebook.com/WorkoutFinishers)

**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!**

- 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!
- 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 (as shown in the manual).
- Don't use interval training more than 4 times a week (and no more than two days in a row).
- Perform ONE interval workout after your main workout or in between workouts as long as you are recovering. NEVER perform these intervals before your main workout.

## Why Interval Training?

### Aerobic vs. Anaerobic

**Aerobic** means in the presence of oxygen... and any activity that is performed at a low to moderate intensity for more than 90 seconds, allowing oxygen to release energy through metabolism, is usually called an aerobic activity.

**Anaerobic** means in the absence of oxygen... and any activity that is performed at a medium to high intensity for less than 2 minutes, where energy is derived without oxygen, is usually called an anaerobic activity.

Unfortunately, aerobic activity can lead to:

- Decreased Muscle Mass
- Decreased Strength
- Decreased Power
- Decreased Speed
- Decreased Anaerobic Capacity

However, the benefits for **anaerobic activity, like you find in interval training**, can lead to:

- Increased Cardiovascular Function
- Decrease in Body Fat
- Increased Muscle Mass
- Improved Strength
- Improved Power
- Improved Speed
- Increased Aerobic Capacity

### Cardio vs Intervals

**Cardio** – traditionally thought of as long, slow aerobic training; research shows it can be anything that improves cardiovascular function & health...however, for this manual, we'll use it interchangeably with aerobic endurance training

**Interval training** – short burst exercise; traditionally running for a set period, recovering, and repeating...but today, many forms of exercise fit under this short-burst category, including bodyweight exercises, kettlebell exercises, and even MRT

Interval training is a form of cardio training. It is very efficient and effective, and can be used by fit people to help them lose fat faster.

Interval training is simply alternating periods of hard exercise followed by period

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of easier exercise. An example would be fast walking for 30 seconds followed by a slower walking for 90 seconds. Interval training is also very common in spin classes where you increase the cycling intensity for 30 seconds and then slow down for a minute or longer.

And in this manual, you're going to get a dozen ways to use the power of interval training using your favorite cardiovascular activity like running, a treadmill, spin bike and more.

But first, a little bit of an insider's look into the powerful effects that interval training will have on boosting your health and fat loss.

In each interval training workout, you'll be asked to exercise at a specific intensity. Here are the guidelines for judging your intensity.

**NOTE:** It is difficult to estimate what your heart rate will be at a given intensity. That is why we do not rely on heart rate monitors for this type of workout.)

Level 1/10 – Standing still at rest

Level 3/10 – Recovery level – I.e. walking at a slow pace

Level 5/10 – Regular long, slow cardio pace

Level 7/10 – 70% of your maximum effort

Level 9/10 – 90% of your maximum intensity

Level 10/10 – Running from clowns throwing rocks at you (you'll never need to do a pace this hard)

**Note** – To increase the intensity on a treadmill, increase the speed or incline. However, never increase the incline more than 2% so you won't get tight calves... cool?

So, let's use an example using a treadmill.

Let's say your "steady-state" cardio speed on a treadmill is 5.5 when going for 30 minutes. This is your 5/10 intensity.

Now let's say your interval workout calls for 20 seconds of work at a 9/10 intensity followed by 40 seconds of rest at a 3/10 intensity.

Your speed for the "work" might be between 10.0 and 11.0. Your recovery might be between 3.0 and 4.0. This depends on your unique fitness level and everyone is different.

However, you should get the idea. There should be a VAST difference between your work period and your recovery period.



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You might need to go through a brief “trial and error” period in order to find the right intensity level for your interval training. However, always be CONSERVATIVE and do not exercise beyond your capacity. Train hard but SAFE.

There are many ways to do interval training. If your knees are too sore for the treadmill, there is always the bike or swimming or rowing. You can also use:

- => **Jumping Jacks**
- => **KB or DB Swings**
- => **Total Body Extensions**
- => **Jump Rope**

As for improving, focus on increasing the intensity of the intervals. As you get fit, the once relatively hard interval will soon be an easy interval. Therefore, you will just need to increase the intensity by running faster, cycling against more resistance, etc.

For...

- Jumping Jacks – go at a faster pace**
- KB or DB Swings – use a heavier resistance**
- Total Body Extensions – go at a faster pace**
- Jump Rope – go at a faster pace or start using a variety of harder techniques (double unders, etc.)**

You can reduce the rest periods, but that sacrifices intensity, and the key to success is the work interval intensity. Don't sacrifice work intensity by reducing the rest interval too much.

For maximum results, treadmill sprinting is one of the best. However, the treadmill has several logistical problems (i.e. changing speeds can be a challenge).

A great non-impact method is using the exercises above. Don't worry – we have descriptions and photos of the Swings, Jumping Jacks and Total Body Extensions (my favorite non-impact conditioning move).

So, be safe if you're using a treadmill. Don't hesitate to “straddle” the treadmill after an interval then adjust the speed for the recovery.

Another option is a stationary bike against heavier resistance during intervals. Aim to use a resistance in which you can't do more than 100 RPMs so you don't get tight hip flexors. In other words, for intervals on a bike, use a “hybrid” of resistance and speed, while focusing MORE on resistance.

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Now if you love the outdoors (especially with nice weather), you can certainly use running as your interval training.

If you don't feel comfortable training at an 8/10 intensity, or if for health reasons you shouldn't be training at that intensity, then don't push it. You should only be performing the workouts in this manual if you have your physician's approval to perform strenuous exercise.

Once you have received your doctor's approval, just do what you can in the time span for the first workout, and improve each session. Challenge yourself, but don't destroy yourself!

So as you can see, intervals don't have to be boring. If you're training for a 5K, 10K etc. than it is strongly recommended you do use running as your form of interval training. Nothing will get you ready faster than these types of workouts.

Have fun and never get bored!  
Mikey, Master CTT

**PS** – Here's the interval training intensity scale again:

Level 1/10 – Standing still at rest

Level 3/10 – Recovery level – I.e. walking at a slow pace

Level 5/10 – Regular long, slow cardio pace

Level 7/10 – 70% of your maximum effort

Level 9/10 – 90% of your maximum intensity

Level 10/10 – Running from clowns throwing rocks at you (you'll never need to do a pace this hard)

**PPS** - There's a FREE interval app called "Interval Timer" you can use or use a Gym Boss found at [www.gymboss.com](http://www.gymboss.com). You can certainly use a stopwatch, but that will make it difficult to perform your intervals.



### **Interval Chaos 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)  
Plank (30 second hold)  
1-Leg Romanian Deadlift (10/side)  
Spiderman Climb (6/side)  
Leg Swings (15/side)

After the second circuit, do 3-5 minutes of a warm-up pace at a 5/10 intensity.

Note – Always perform a cool-down of 3-5 minutes at a recovery pace (3/10) after your interval workout.

## **Interval Chaos Workouts**

### **Interval Chaos Workout # 1 – On the 20's**

20 seconds (9/10)  
40 seconds (3/10)  
Do the above 3 times, then...

1 minute (7/10)  
1 minute (3/10)  
Do the above 2 times, then...

20 seconds (9/10)  
40 seconds (3/10)  
Do the above 3 times

### **Interval Chaos Workout # 2 Adrenaline Intervals**

You'll definitely need to avoid the treadmill for this one!

8 seconds (9/10)  
12 seconds (3/10)  
Do the above 6 times, then...

2 minutes of recovery (3/10) then...

8 seconds (9/10)  
12 seconds (3/10)  
Do the above 6 times

Bonus – Try this workout using Total Body Extensions... CRAZY.

### **Interval Chaos Workout #3 – Bipolar Intensity**

Do the following interval circuit ONE time:

2 minutes (3/10)  
2 minutes (6.5/10)  
2 minutes (3/10)  
2 minutes (6.5/10)  
1 minute (3/10)  
30 seconds (8/10)  
1 minute (3/10)  
30 seconds (8/10)

### **Interval Chaos Workout #4 – Give Me a Jolt 45**

45 seconds (8/10)  
15 seconds (3/10)  
Do the above 3 times, then...

1 more minute of recovery (3/10), then...

45 seconds (8/10)  
15 seconds (3/10)  
Do the above 3 times, then...

5 minutes (5/10)

### **Interval Chaos Workout #5 – 30 for 30**

Note – This was tested using KB Swings for intervals and Planks for recovery...  
but that's your call ;)

30 seconds (9/10)  
30 seconds (3/10)  
Do the above 10 times

### **Interval Chaos Workout #6 – Double Time**

10 seconds (9/10)  
20 seconds (3/10)  
Do the above 3 times, then...

20 seconds (9/10),  
40 seconds (3/10)  
Do the above 3 times, then ...

30 seconds (9/10)  
1 minute (3/10)  
Do the above 3 times, then...

1 minute (7/10)  
2 minutes (3/10)  
Do the above TWICE.

### **Interval Chaos Workout #7 – The 20-20 Split**

I tested this one with my longtime client alternating KB Swings with the Jump Rope for intervals. For the recovery periods, he simply rested.

For the 2-minute split, he would jog on a treadmill at his “cardio” pace. It was a doozy!

20 seconds (9/10)  
20 seconds (3/10)  
Do the above 4 times, then...

2 minutes (5/10), then...

20 seconds (9/10)  
20 seconds (3/10)  
Do the above 4 times

**Note** – if you use the Swings and Jump Rope for intervals, you simply use this method:

**Rounds 1 and 3** – KB or DB Swings

**Rounds 2 and 4** – Jump Rope

### **Interval Chaos Workout # 8 – Inclined to Burn**

This was designed to use the incline of a treadmill for the intervals. This is certainly optional.

1 minute (7.5/10)

1 minute (3/10)

Do the above 5 times, then...

2 minutes (7.5/10)

1 minute (3/10)

Do the above 2 times

Note – if you do use the incline, your quads will be on fire!

**These Last 4 Workouts Use a Hybrid of Cardiovascular Exercises and Bodyweight Moves, Kettlebells and Dumbbells. This is Certainly Just An Option!**

### **Interval Chaos Workout # 9 – Run, Swing and Jump**

2 minutes (5/10) – Treadmill or running preferred

KB or DB Swings (30 secs)

Do this 3 times, then...

2 minutes (5/10) – Treadmill or running preferred

Jump Rope (30 secs)

Do this 3 times

#### **Alternate Version with Using Just Cardiovascular Activity:**

2 minutes (5/10)

30 seconds (9/10)

Do this 6 times

Warning – this is TOUGH!

### **Interval Chaos Workout # 10 – Interval Smoker**

Do the following circuit 3 times, resting as shown:

Jump Rope (20 secs)  
Rest 20 secs  
Total Body Extensions (20 secs)  
Rest 20 secs  
KB or DB Swings (20 secs)  
Rest 20 secs  
Jumping Jacks (20 secs)  
Rest 20 secs  
Plank (20 secs)

#### **Alternate Version with Using Just Cardiovascular Activity:**

20 seconds (9/10)  
20 seconds (3/10)  
20 seconds (5/10)  
Do the above 10 times

### **Interval Chaos Workout # 11 – Cardio Planking**

2 minutes (7/10)  
Plank (30 secs)  
Do the above 3 times, then...

30 seconds (9/10)  
30 seconds (3/10)  
Do the above 3 times, then...

ONE plank to failure

#### **Alternate Version with Using Just Cardiovascular Activity:**

2 minutes (7/10)  
30 seconds (3/10)  
Do the above 3 times, then...

30 seconds (9/10)  
30 seconds (3/10)  
Do the above 3 times, then...

2 minutes (5/10)



### **Interval Chaos Workout # 12 – Interval Madness**

Do the following circuit ONE time, resting as shown:

1 minute (8/10)  
1 minute (3/10)  
1 minute KB or DB Swings  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)  
1 minute Jumping Jacks  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)  
1 minute Total Body Extensions  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)

### **Alternate Version with Using Just Cardiovascular Activity:**

1 minute (8/10)  
1 minute (3/10)  
1 minute (8/10)  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)  
1 minute (8/10)  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)  
1 minute (8/10)  
1 minute of rest  
1 minute (8/10)  
1 minute (3/10)

## Exercise Descriptions for Interval Options (Exercises Are Shown By Order of Appearance)

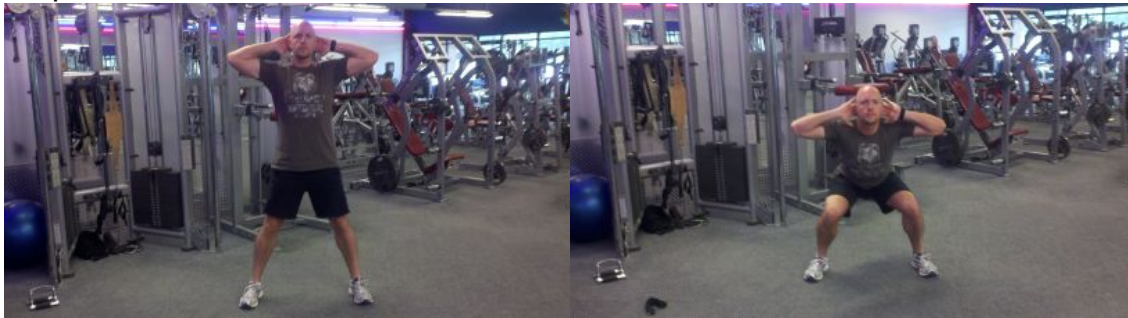
### Warm-up

#### ***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.



## **Warm-up**

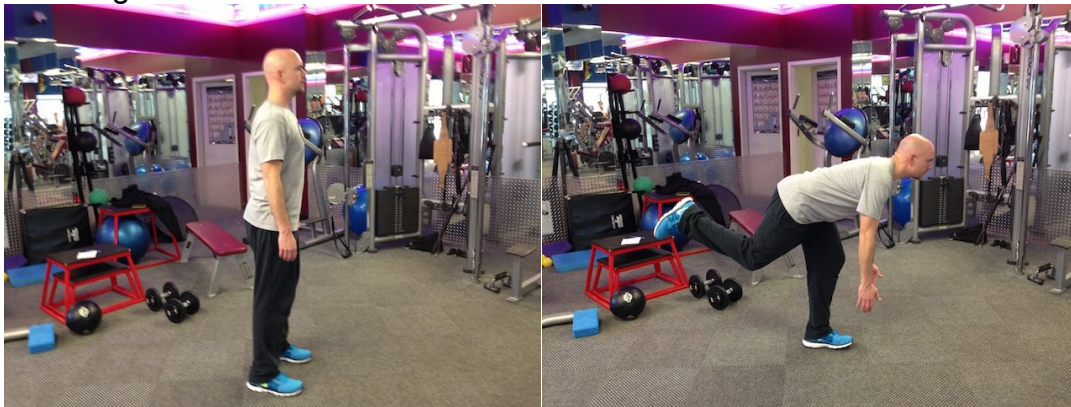
### **Plank**

- 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.



### **1-Leg Romanian Deadlift (RDL)**

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.

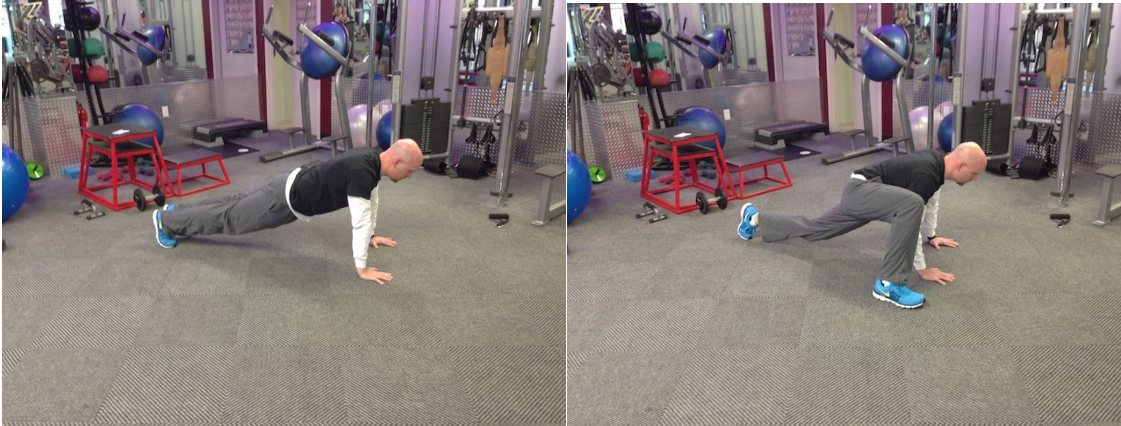


## Interval Chaos

### Warm-up

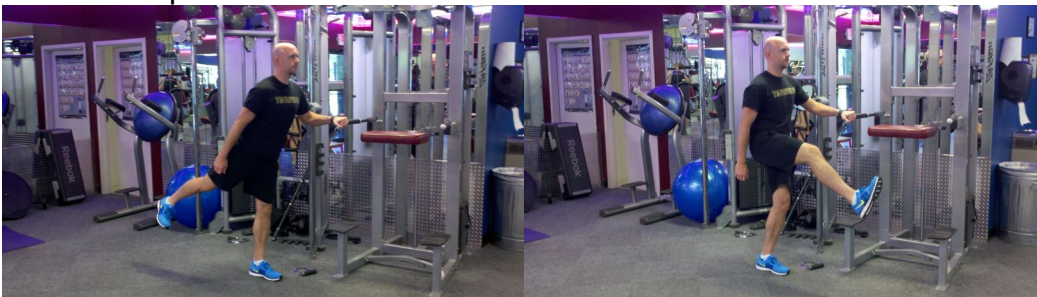
#### Spiderman Climb

- 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.



#### 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.





## Bodyweight Exercise Alternatives for Intervals

### 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.**



### 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.



## **Bodyweight Exercise Alternatives for Intervals**

### **Plank (see above)**

### **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





## 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

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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**