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INTERVAL FINISHERS 2.0

*DISCOVER THE ADRENALINE RUSH OF
COMBINING INTERVALS
AND FINISHERS*



MIKE WHITFIELD, CTT

A message from Mike Whitfield, CTT



Mike Before



Mike After

Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

You kids are absolutely crazy. Out of all of the individual finisher programs, the Interval Finishers were a big favorite which brings this...

Interval Finishers 2.0. <== Yeah, baby.

In this new Finisher program, you'll combine the power of interval training and finishers in the ultimate metabolic afterburn smoothie. You can do these intense and longer interval finishers after your main workout or as a conditioning workout (no more than twice a week if it's between workouts).

You'll do some interval training along with a finisher and you'll even use interval training methods with brand new finishers. In other words, it's "good times".

So when you need to drop fat fast and you can't decide whether to use intervals or finishers... now you can do both.

**Get the best of BOTH fat-burning worlds,
Mike Whitfield (Mikey), Master CTT**

www.WorkoutFinishers.com - Never get bored with these addicting finishers

www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

www.facebook.com/WorkoutFinishers - Find me on Facebook

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 (formerly known/also known as Reflections Fitness) 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!

- 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).

What is a Metabolic Finisher?

A metabolic finisher is a series of INTENSE exercise with very little to no rest designed to be “plugged in” at the end of your main workout.

It replaces the typical cardio or intervals that most people do after their strength training. They can also be used as a stand-alone workout if you’re really tight on time. They typically only take 10 minutes or less.

That’s a metabolic finisher in a nutshell.

Now, you already know intervals. Intervals are a period of high intensity exercise followed by a period of recovery.

Some folks use intervals after their workout.

What you’ll get with this manual is a 1-2 punch. You get the best of BOTH worlds.

IMPORTANT

Now when it comes to intervals, you can use any form of cardiovascular activity like a treadmill, running, bike, elliptical, etc., etc.

For the intervals you’ll use an intensity chart. Here’s the chart you need to follow:

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 a paintball fight (because you’re wearing your nicest suite)

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.

Interval Finishers 2.0

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.

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.

Things to Remember

- Use these finishers at the **END** of your favorite workout or as off-day conditioning workouts to shed more fat or improve your overall conditioning. They are also great travel workouts as well when you don't have much time.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

A "superset" is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

Do the following superset 3 times with 30 secs of rest between supersets.

Body Squats (10)

Push-ups (10)

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A "circuit" is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following finisher:

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

Body Squats (10)

Push-ups (10)

Inverted Row (8)

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

There are exceptions (density circuits for example)

Warm-up for Interval Finishers

When performing these on off days, you'll need to prepare your body for war, so do the following circuit twice, resting for 30 seconds between circuits BEFORE the Interval Finisher:

Bodyweight Squat (10)

T Pushups (5/side)

Jumping Jacks (15)

Leg Swings (15/side)

Finisher # 1 – Interval Trio

Intervals:

2 minutes (7/10)

1 minute (3/10)

Do this 3 times, then:

DB Squat and Press or Y-Squat (20 secs), rest 10 secs – 4 times

Bodysaw (20 secs), rest 10 secs – 4 times

Finisher # 2 – Metabolic Quartet

Do the following circuit 3 times, resting as shown:

Triple Stop Pushup (40 secs), rest 20 secs

KB or DB Swings or Total Body Extensions (40 secs), rest 20 secs

Skater Hops (40 secs), rest 20 secs

Plank (40 secs), rest 20 secs

Finisher # 3 – Sweat and Push

Intervals:

20 secs (9/10)

40 secs (3/10)

Do this 6 times then...

Do the following circuit as many times as possible in 5 minutes, resting only when needed:

1-Arm Extended Pushup (5/side)

Box or Bench Jumps or Bodyweight Squats (5)

Decline Pushups or Normal Pushups (5)

Total Body Extension (5)

Finisher # 4 – Interval Mashup

Intervals:

1 minute (8/10)

1 minute (3/10)

Do the above 2 times, then:

Burpee/Spiderman Pushup Combo (10)

Stability Ball Rollout (10) or Inchworm (5)

Do the above ONCE, then:

1 minute (8/10)

1 minute (3/10)

Do the above 2 times, then:

Prisoner Switch Lunge (10/side)

Spiderman Climb (10/side)

Do the above ONCE

Finisher # 5 – Interval Sandwich

Intervals:

30 secs (9/10)

30 secs (3/10)

Do the above 4 times, then:

Do the following circuit as many times as possible in 3 minutes, resting only when needed. Then once the 3 minutes are up, finish off with the last of the intervals.

Renegade Row or Bodyweight Renegade Row (6/side)

Lunge Jumps (6/side) or Split Shuffle (12/side)

Explosive Pushup or Normal Pushup (6)

Intervals:

30s secs (9/10)

30 secs (3/10)

Do the above 4 times

Finisher # 6 – Monster Interval Circuit

Do the following circuit ONE time, resting as shown.

Stability Ball Jackknife Pushups or Pushup/X-Body Mountain Climber Combo (50 secs), rest 10 secs

Goblet Squat or Bodyweight Squat (50 secs), rest 10 secs

Ab Wheel or Stability Ball Rollout or Hand Walk-Outs (50 secs), rest 10 secs

Bulgarian Split Squat or Split Squat (Left Side) (50 secs), rest 10 secs

Bulgarian Split Squat or Split Squat (Right Side) (50 secs), rest 10 secs

Close-Grip 3/4th Rep Pushups (50 secs), rest 10 secs

Jumping Jacks (50 secs), rest 10 secs

X-Body Mountain Climber (50 secs, rest 10 secs)

Bench Vault or Skater Hops (50 secs), rest 10 secs

Pushup Plank (50 secs), rest 10 secs

Split Shuffle (50 secs), rest 10 secs

KB or DB Swings or Total Body Extensions (50 secs), rest 10 secs

Finisher # 7 – Interval Madness

Intervals:

30 secs (9/10)

1 minute (3/10)

Do the above 3 times, then:

Alternating DB Chest Press (20/side) or Offset Pushups (10/side)

DB Row (20/side) or Bodyweight Row (20)

Do the above twice, resting for 20 secs between supersets, then:

Intervals:

Note – since the intervals are shorter, you should aim to go a little harder here

15 secs (9/10)

45 secs (3/10)

Do the above 3 times, then:

Alternating Lateral Lunge (15/side)

Mountain Climbers (15/side)

Do the above twice, resting for 20 seconds between supersets

Finisher # 8 – Finish and Run

Do the following circuit 3 times, resting for 30 seconds between circuits. Then move into the 1-mile finish...

Alternating Diagonal Lunge (15/side)
Renegade Pushups or Normal Pushups (15)
Inverted Row or Strap Row or Bodyweight Row (15)
Burpees (10)

Run 1 mile as fast as possible and record your time. Then try to beat your previous time the next time you do this finisher/1mile run.

Finisher # 9 Sweet 16 Density Intervals

2 minutes (7/10)
2 minutes (3/10)
Do the above 3 times, then:

Do the following circuit as many times as possible in 4 minutes, resting only when needed:

Javelin Lunge or TD Lunge (4/side)
Stability Ball Jackknife (4) or Mountain Climbers (2/side)
Lateral Jumps (4/side)
Hanging Knee Raise or Leg Raise (4) or Squat Thrust (4)

Finisher # 10 – Simplicity

Intervals
1 minute (8/10)
1 minute (3/10)
Do the above 4 times, then:

KB or DB Swings or Total Body Extensions (30 secs), rest 30 secs
Do the above 4 times

Finisher # 11 – Interval Hot Zones

Intervals

30 secs (9/10)

30 secs (3/10)

Do the above 3 times, then:

Leg Finisher:

Jump Squat (20 secs), rest 10 secs – do this 4 times, then move into the back finisher...

Back Finisher:

Inverted Row or Strap Row or Bodyweight Row (20 secs), rest 10 secs – do this 4 times, then move into the chest finisher...

Chest Finisher:

Decline Close-Grip Pushups or Close-Grip Pushups (20 secs), rest 10 secs – do this 4 times, then move into the last of the intervals:

Intervals

30 secs (9/10)

30 secs (3/10)

Do the above 3 times

Finisher # 12 – The Tri-Plank Gauntlet

Narrow Stance Goblet Squat or Narrow Stance Bodyweight Squat (40 secs), rest 20 secs

DB Piston Row or Bodyweight Renegade Row (40 secs), rest 20 secs

Plank to Triceps Extension (40 secs), rest 20 secs

Reverse Lunge (Left Side) (40 secs), rest 20 secs

Reverse Lunge (Right Side) (40 secs), rest 20 secs

Plank to Triceps Extension (40 secs), rest 20 secs

Medicine Ball Slams or Alternating Bodyweight Chop (40 secs), rest 20 secs

Plank to Tricep Extension (40 secs), rest 20 secs

Burpee/X-Body Mountain Climber Combo (40 secs), then...

Total Body Extensions (10 secs), rest 10 secs – 5 times

Exercise Library
(Exercises are in order of appearance)

Disclaimer:

You must have a Certified Trainer provide you with instruction on the exercise to ensure you are doing them correctly.

Warm-Up

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.



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

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



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.



Finishers 1 - 4

DB Squat and Press

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position.
- Press the weight overhead.



Y-Squat

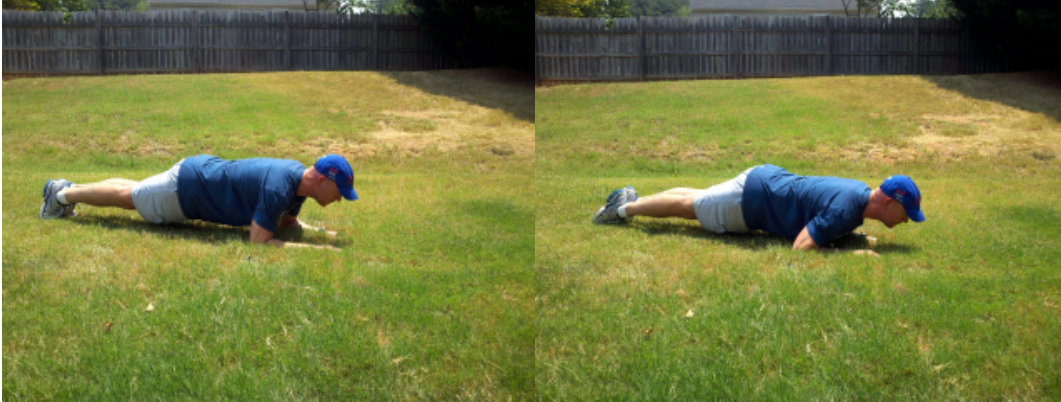
- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips 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.



Finishers 1 - 4

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!



Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Finishers 1 - 4

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.



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.**



Finishers 1 - 4

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.



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.



Finishers 1 - 4

1-Arm Extended Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



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



Bodyweight Squats (see above in warm-up)

Finishers 1 - 4

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.



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.



Total Body Extension (see above)

Finishers 1 - 4

Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Finishers 1 - 4

Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Prisoner Switch Lunge

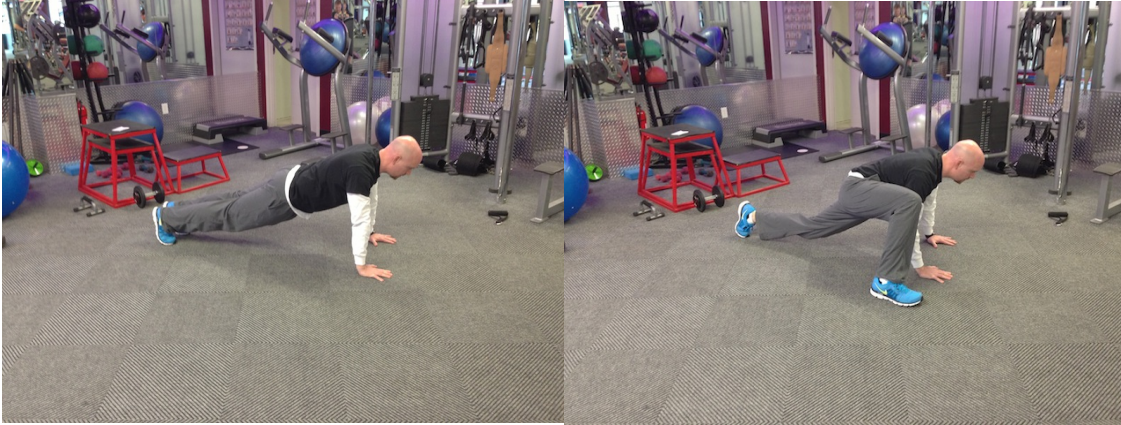
- Stand with your feet shoulder width apart, with your hands behind your head, squeezing your shoulder blades together.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.



Finishers 1 - 4

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.



Finishers 5 - 8

Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



Bodyweight Renegade Row

- Assume the pushup position with your arms fully extended.
- Keep your abs braced
- Complete a row by bringing up your hand towards your abs.
- Alternate sides and repeat



Finishers 5 - 8

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



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



Finishers 5 - 8

Explosive 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



Pushups (see above)

Stability Ball Jackknife Pushup

- Brace your abs. Put your hands on the floor 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.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Finishers 5 - 8

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.



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.



Finishers 5 - 8

Bodyweight Squat (see above)

Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Stability Ball Rollout – (see above)

Hand Walk-out

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you by moving each hand about 6-8 inches out further in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



Finishers 5 - 8

Bulgarian Split Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than 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.



Finishers 5 - 8

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.



Close-Grip 3/4th Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



Jumping Jacks – (see above)

Finishers 5 - 8

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.



Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



Skater Hops (see above)

Finishers 5 - 8

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



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



KB/DB Swings – (see above)

Total Body Extensions (see above)

Finishers 5 - 8

Alternating DB Chest Press

- Hold both dumbbells above your chest with your palms turned toward your feet.
- Lower one dumbbell to chest level – while keeping the other dumbbell pressed up.
- Pause briefly and press the dumbbell straight up above the chest. Alternate sides.



Offset Pushup

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



Finishers 5 - 8

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.



Bodyweight Row

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



Finishers 5 - 8

Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbells at your side (optional)
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



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.



Finishers 5 - 8

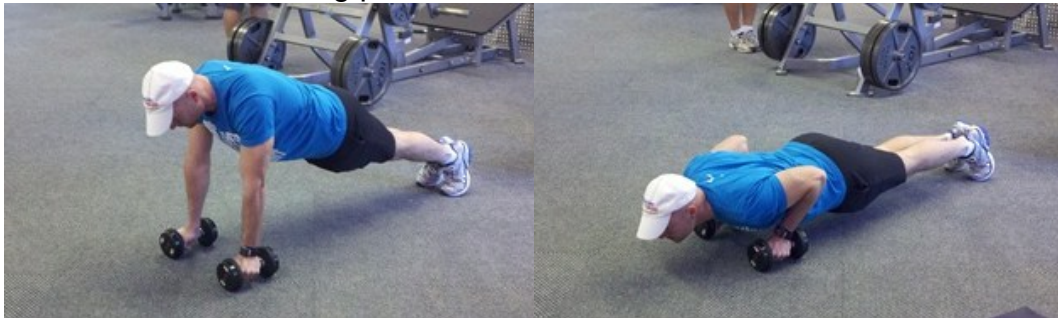
Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



Pushups (see above)

Finishers 5 - 8

Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Strap Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Bodyweight Row (see above)

Finishers 5 - 8

Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Finishers 9 - 12

Javelin Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step forwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step forward with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.



Finishers 9 - 12

TD Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step forward with one leg (larger step than normal), resting the toe on the ground from your back foot.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Finishers 9 - 12

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.



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.



Finishers 9 - 12

Lateral Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



Hanging Knee Raise or Leg 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.



Finishers 9 - 12

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



KB/DB Swings – (see above)

Total Body Extensions (see above)

Finishers 9 - 12

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.



Inverted Row – (see above)

Strap Row – (see above)

Bodyweight Row (see above)

Finishers 9 – 12

Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches 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.



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.



Finishers 9 - 12

Narrow-Stance Goblet Squat

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet NARROWER than hip-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.



Finishers 9 - 12

DB Piston Row

- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you've done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



Bodyweight Renegade Row (see above)

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.



Finishers 9 - 12

Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Plank to Triceps Extension – (see above)

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.



Finishers 9 - 12

Alternating Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Alternate sides with each rep.



Plank to Triceps Extension – (see above)

Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



Total Body Extensions – (see above)

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

www.WorkoutFinishers.com - Get ripped without ANY long, boring cardio

www.TrainwithFinishers.com - Blog dedicated to metabolic workout finishers

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“ He had a fresh approach to training”- Robin