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# Race Day Prep

The 5-Week Plan to Dominate  
Your Big Race Day



**Mike Whitfield, Master CTT**

## ***Welcome from Mike Whitfield & Workout Finishers***



Every year I run two 10Ks. One is the Peachtree Road Race in Atlanta, GA held on July 4<sup>th</sup> every year. The other one is the Gobble Jog on Thanksgiving morning before my big feast.

And I've done these same 10Ks now for 10 years (and to think, I hate running lolzz). There's just something about the atmosphere, the adrenaline rush and the training preparation that keeps me coming back.

Even in 2008, I ran a half marathon (ran it in just a little over 2 hours – not bad for my first one ☺)

With doing all of these races myself and helping my private clients get ready for dozens of 5Ks and 10Ks, I've learned some things work better than others when it comes to your training for the big race day.

So whether you're planning for a Tough Mudder, Warrior Dash, 5K, 10K, Spartan Race and more, you'll be ready for the big day with this 5-week program.

You'll cut back some on your lower body training (but we won't neglect it!). You'll also be using a variety of interval training, too. And get this... I give you a bodyweight alternative with EVERY exercise, too. Boo-ya!

And remember – even if you aren't planning on doing a race, this program will still burn off fat.

To the finish,  
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. 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.

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.

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.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.

# Planning on Doing a Tough Mudder?

## Read This!

For my friend and coach Craig Ballantyne's site, I wrote a guest article detailing the Tough Mudder obstacles.

If you're planning on doing it, here's how to prep for it... obstacle by obstacle...

According to the Tough Mudder website, "Tough Mudder events are hardcore 10-12 mile obstacle courses designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie." Cooooool.

The question still remains - "Can you do this?" Sure you can, with the right training. Welcome to Tough Mudder Training 101. I am your professor, Mike Whitfield. Take a seat at your desk (you're already doing that - reading about the Tough Mudder at work - tisk, tisk) or better yet, lets' gather around in a big circle.

**Lesson # 1** - Understand that the Tough Mudder is a brutal course and will take a commitment to training and preparation. It's not a stroll outside while getting your shoes a little muddy. It's more than that. This is your guide on how to prepare for the big day. You will discover how to train for each obstacle (except for the mystery ones... how to train for that remains ... well... a mystery).

Let's rock these events.

### 1) The Braveheart Charge

This is the beginning. This where all the race participants "go to war", much like the movie, "Braveheart". You charge out at the beginning packed full of adrenaline. This is the start and where your body is so jacked up on adrenaline, you can pretty much conquer this one without training. But then reality sets in...

#### How to Train for It

Your Mudder High alone will geek you up enough for the charge. But you're going to need stamina and conditioning to get you through the beast that lies ahead. Since you'll be doing a lot of running, incorporate interval training ASAP. You will go hard for 30 seconds (9/10 effort) followed by a minute of recovery (3/10). That's just one way. You can also use adrenaline style of interval training like 10 seconds on, and 20 seconds off. You will also need to pick up running a long distance once a week. Bonus tip - use hills in your training.

### 2) Bale Bonds

This is where you have to hurl yourself over huge bales of hay. This means you will need to pull your own weight over an obstacle.

### **How to Train for It**

Incorporate Pull-ups into your program. If you can't perform Pull-ups, then you can use Pull-up negatives and drop belly fat.

### **3) The Log Bog Jog**

Brilliant name... this where you will need to run through and hurdle fallen trees.

### **How to Train for It**

Low Box Jumps can get you ready for these. Another strategy to use to prepare for the Log Bog Jog is lateral barrier jumps. Simply set up a platform or any obstacle and jump laterally over it side-to-side.

### **4) Nettles to Nipples**

Seriously? Who comes up with this? This is insane... but awesome. Don't let the name fear you. Ha, I'm kidding. This is going to be rough. This is where you have to crawl belly down through a patch of Stinging Nettles, and if that wasn't enough, it's underneath a net laden with nettle stocks. Ask yourself why you're doing this, then continue to read...

### **How to Train for It**

How do you train for something absurd like this? Well, you take away the nettles and practice using your core strength. So incorporate the Alligator Crawl and the Spiderman Climb into your program.

### **5) Greased Lightning**

This is a fun "obstacle" where you slide down into a pond. You can slide on your butt or you can get a better view by sliding down head first.

### **How to Train for It**

If you plan on going head first, you can use the plank for core endurance. But other than, relax and enjoy the ride.

### **6) Funky Monkey**

You guessed it - monkey bars. However, the Tough Mudder got a little sadistic. Some of the bars have been greased with butter, and at most events, the bars are above a nice cold body of water. So, if you lose your grip, you'll be chilling out in the cold water.

## **How to Train for It**

Here's where Pull-ups come in handy again. But this is where you can train specifically for the monkey bars - you can use side-to-side Pull-ups. As you pull yourself up, go towards the right side and release the grip for just a second from your left hand. Switch sides and repeat. Be safe.

## **7) Swamp Stomp**

Sludge. Awesome. You will find yourself emerged about waist high in this mysterious substance. You will need to work your way through it, and probably losing a shoe or two in the process. So, be sure those shoes are double knotted.

## **How to Train for It**

This would be where a variety of DB Lunges would benefit you. A good variety of Forward, Reverse and even Lateral Lunges will prepare you for the swamp fest.

## **8) Arctic Enema**

Really, really cold water packed with ice and you get to jump in. Yay!

## **How to Train for It**

Seriously? You want me to tell you how to train for something like that? C'mon. That's all mental. I guess you can try this - Fill your bath tub with cold water and throw at least 3 bags of ice in it. Slip on in. You're welcome, but I don't really recommend that one.

## **9) Hold Your Wood**

First of all, quit giggling. You're not 12. Geez. Here, you have to carry a log on your shoulder, while keeping your footing so you don't slip.

## **How to Train for It**

Strengthen your back and core using a variety of DB Rows. High rep DB Rows are a hidden gem to work your abs, while low rep DB Rows will strengthen your arms and back for the load.

## **10) Fire Walker**

There's nothing like setting people on fire at events.... such a warm, cozy feeling. Expect blazing straw around 4' high. Good times - you're going to have to hurdle them, or get burned (literally).



### **How to Train for It**

Lunge Jumps can help you boost your jumping power. You can also set up a platform and practice jumping over it. Just remember to really explode up during your Lunge Jumps to develop power.

### **11) Tired Yet?**

I sure am. Wait a second. We're now talking about the obstacle where you have to live your football dreams and run your way through a field of tires. By the way, some of the tires are filled with mud. Awesomeness.

### **How to Train for It**

If you have access to an agility ladder, that is your best bet. This will increase your agility, which you will need to get through the field of tires. You can also run in place and bring your knees up really high.

### **12) Boa Constrictor**

Sounds like a blast - you get to crawl through pipes and into freezing, nasty, muddy water. Are you signed up yet? If you're not used to crawling, this can be a challenge. Here is how to prepare for this one...

### **How to Train for It**

Crawling takes stamina as well as upper body and core strength. Use the Alligator Crawl, as well as T-Pushups to get you ready for the crawling ahead.

### **13) Jumpin' Bale**

Embrace the bales of hay. What lies ahead of you is a field of hay, in which you must jump from bale to bale.

### **How to Train for It**

Squat. A variety of squats will help you boost leg power. Also, get your jump on. The Standing Broad Jump is a great choice to help you train for this one. Remember to explode from the legs. Each week, try to improve by jumping further.

### **14) Kiss of Mud**

Here, you get to crawl on your stomach in mud with wires only 8" from the ground. If you're thinking you might need a shower after this event, welcome to Earth.

### **How to Train for It**

Pushups rock, but Decline Pushups are even a better choice for this. This will help you manage your own body weight. By elevating your feet, you create more resistance on the pushups, getting you stronger. This will help you dominate the Kiss of Mud. This is also another great place for the Alligator Crawl. As you can see, the overall theme is to use a complete total body strength program as well as building stamina and endurance.

You are almost there. As I like to say with my clients, “You are on the verge of greatness”. When you break things down into smaller chunks and create a plan for each obstacle, it doesn’t sound so bad does it? Let’s dominate this Tough Mudder, obstacle by obstacle. Let’s start this last bit with the Mud Mile.

### **15) The Mud Mile**

This is where you get to make your way through muddy trenches, losing your footing constantly as you make your way through.

### **How to Train for It**

DB Lunges - and lift heavy. This will help you power through this obstacle, even if you do get stuck.

### **16) Berlin Walls**

Up to 12’ high, this is where you must make your way over big wooden walls, as well as help other people climb over. Team spirit comes into play here.

### **How to Train for It**

Another great reason to get better at Pull-ups. You will need to jump and pull your weight, but don’t worry, people will be there to help you up. Just remember to pass it forward and help others by pulling them up so you’ll also want to use TRX Rows.

### **17) Everest**

It’s a steep quarter pipe, that with no doubt, you will need help getting over the top.

### **How to Train For It**

Learn how to become a great sprinter. Then you can sprint and gain some good ground, and at the top, you’ll get help with the finish over the top.



### **18) Twinkle Toes**

This is where you must make your way across a very thin log bridge and if you fall, you get to freeze your tush off in the water below.

#### **How to Train for It**

Learn how to balance yourself by incorporating 1-Legged Squats into your program and perhaps some Offset DB Lunges.

### **19) Ball Shrinker**

It's important to keep in mind that I did not make up the names on these obstacle courses. With that being said, this is where you have to make your way across a swinging rope bridge while almost laying back.

#### **How to Train for It**

First, learn how to grip for your life, so use Hammer Curls and Farmers Walks. Then, you will need to be able to control your own weight practically laying down. Inverted Rows are a great choice to train for this obstacle.

### **20) Walk the Plank**

It's simple, but mentally challenging. You have to jump about 15' into cold water. That's it (easier said than done).

#### **How to Train for It**

Another exercise you must complete with your mind. Remember, it's just a few seconds of your life. Go to your happy place and face your fear head on. Know that you have people all around you supporting you, and chances are, they are just as scared if not more so than you are.

### **21) Turd's Nest**

OK, seriously. Who wrote the titles of these things?? Anyway, you have to make your way through on a big net with square holes.

#### **How to Train for It**

This obstacle requires balance and strength. It's time to revisit the 1-Legged Squats, and this is a great reason to get good at the Spiderman Climb, increasing your conditioning and core strength.

## **22) Devil's Beard**

This is where you have to make your way through very low cargo nets.

### **How to Train for It**

Develop a love for patience. Once you do that, develop core endurance because you will be staying low for a while and you don't want to get a kink in your back. Use a variety of planks, and try to improve your time each week.

## **23) Electroshock Therapy**

A field of live wires, some which carry a 10,000 volt shock, welcome you with open arms. Now go have fun.

### **How to Train for It**

Back to the mind exercising again. Expect to be shocked and don't think, "Maybe I'll get lucky and not touch one that's live". No way. Expect it. Embrace it. Dominate it. There's nothing you can do but to back down, and you have come too far to quit now.

## **24) Mystery Obstacles**

Each Tough Mudder presents its own "Mystery Obstacles", in which you don't find out until you get there.

### **How to Train for It**

Since you don't know what to expect, do the same for your training. Train in a Tutu. Perform Box Jumps blindfolded. I don't know. Seriously, all you can do is to train hard, but safe. By the way, here's a disclaimer - don't do Box Jumps blindfolded.

### **Putting it All Together**

The Tough Mudder can sound intimidating, but when you look at the obstacles, one-by-one, and put a plan in place on how to face those obstacles, you can rock this thing.

Boom goes the Mudder Dynamite,  
Mike Whitfield, Master CTT

# 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 inside the Workout Finishers Inner Circle at [www.FinisherFreaks.com](http://www.FinisherFreaks.com)
- 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.

# Race Day Prep 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**

Alternating Diagonal Lunge (6 reps per side)  
SCREACH (Spiderman Climb with a Reach) (4 reps per side)  
Waiter's Bow (12 reps)  
Pushup Plank (20 second hold)

**Follow this workout schedule for 4 weeks and then switch to another "Finisher Freak" program ☺ OR...**

**If you're training for a race, please follow the 5<sup>th</sup> week guidelines!**

## **Note on intervals...**

On an effort scale of 1-10:

- 1 = standing still
- 3 = brisk walk
- 5 = steady-state cardio pace
- 7 = a pace that's 70% of your maximum effort
- 9 = sprinting
- 10 = running from the marshmallow man holding a bazooka

For the intervals... If you're training for a race, running is preferred but you can also use a bike, elliptical or any other cardiovascular activity

# Race Day Prep Workout Schedule

## **Day 1 – Workout A**

1A) DB High Pull (8/side) or Bodyweight Row (30 secs)  
1B) Barbell Diagonal Lunge (10/side) or Bodyweight Diagonal Lunge (30 secs/side)  
1C) DB Incline Chest Press (8) or Decline Pushups (30 secs)  
1D) Stability Ball Leg Curl (15) or Lying Hip Extensions (30 secs)  
Rest 1 minute and repeat 2 more times

## **Runner's Core Circuit**

2A) Stability Ball Stir-the-Pot or Spiderman Climb (8/side)  
2B) Extended Side Plank (30 secs/side)  
2C) Ab Wheel or Stability Ball Rollout (10) or Inchworm (5)  
Rest 30 seconds and repeat 2 more times

## **Aerobic Interval Training (or you can move this into day 2)**

3-minute warm-up (5/10) then...

2 minutes of work (7/10) followed by  
2 minutes of recovery (3/10)

In week 1 – Do this 3 times  
In week 2 – Do this 4 times  
In week 3 – Do this 5 times  
In week 4 – Do this 6 times

**Stretch as needed**

**Day 2 – Recovery day and light activity (or Aerobic Interval Training)**  
**If doing light activity – go for a brisk 20-minute walk**

# Race Day Prep Workout Schedule

## Day 3 – Workout B

1A) Long Jump (6)

1B) DB Romanian Deadlift (8) or Bodyweight 1-Leg Romanian Deadlift (8 reps per side)

Rest 1 minute and repeat just ONE more time

2A) DB Piston Row (15/side) or Bodyweight Renegade Row (12/side)

2B) 1-Arm KB/DB Swings (15/side) or Total Body Extensions (30)

2C) Bench Vault (15/side) or Skater Hops (12/side)

Rest 1 minute and repeat 2 more times

Do the following ONE time:

3) Plank – Hold until failure (try to improve your time each week)

## Intervals (Or you can move this into day 4)

3-minute warm-up (5/10), then

20 seconds of work (9/10)

40 seconds of recovery (3/10)

In week 1 – Do this 5 times

In week 2 – Do this 6 times

In week 3 – Do this 7 times

In week 4 – Do this 8 times

**Stretch as needed**

## Day 4 – Recovery day and light activity (or Interval Training)

If doing light activity, go for a brisk 20-minute walk



# Race Day Prep Workout Schedule

## Day 5 – Workout C – 9-Round Race Day Conditioning

Do the following circuit 3 times, resting only when needed. Each week, try to improve your time that it takes to complete this workout.

- 1A) Pull-ups (2 reps short of failure) or Bodyweight Row (20)
- 1B) Lunge Jumps (6/side)
- 1C) T Pushups (6/side)
- 1D) Farmer's Walk (25 steps/side) (if you don't have access to DBs, you can skip this)
- 1E) Alligator Crawl (6 strides per side)
- 1F) Shuttle Sprint (back and forth 4 times)
- 1G) X-Body Mountain Climbers (15/side)
- 1H) Side-to-Side Hops (15/side)
- 1J) Plank Jumping Jacks (15)

**Stretch any tight muscles**

## Days 6 – Long Run Day (based on prepping for a 5K)

- Week 1 – 1-mile run
- Week 2 – 1.5 mile run
- Week 3 – 2 mile run
- Week 4 – 3 mile run

## Day 7 – Recovery day (NO exercise)

## Week 5 – Follow this plan for a “deload” week:

**Day 1** - Workout A – ONE round of the circuits followed by 3 rounds of the intervals

**Day 2** – Recovery Day

**Day 3** – Workout B – ONE round of the superset and circuit, one plank for 30 seconds followed by a 20-minute easy jog (4-5/10 intensity)

**Days 4 & 5** – NO Training

**Day 6** – Race Day! Have fun!

**Day 7** – Eat pancakes and celebrate

**Below is a chart to keep notes – remember to refer to the detailed workout guide for bodyweight options!**

Workout A												
1A) DB High Pull (8/side)												
1B) BB Diag Lunge (10/side)												
1C) DB Incline Chest Press (8)												
1D) Stability Ball Leg Curl (15)												
2A) SB Stir-the-Pot (8/side)												
2B) Ext Side Plank (30s/side)												
2C) Rollout (10) or Inchworm (5)												
<b>Aerobic Interval Training</b>												
Workout B												
1A) Long Jump (6)												
1B) DB RDL (8)												
2A) DB Piston Row (15/side)												
2B) 1Arm KB/DB Swings (15/side)												
2C) Bench Vault (15/side)												
3) Plank (until failure)												
<b>Interval Training</b>												
Workout C												
1A) Pull-ups (2<failure)												
1B) Lunge Jumps (6/side)												
1C) T Pushups (6/side)												
1D) Farmer's Walk (25/side)												
1E) Alligator Crawl (6/side)												
1F) Shuttle Sprint (back and forth 4X)												
1G) X-Body MC (15/side)												
1H) Side-to-Side Hops (15/side)												
1J) Plank 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.

### **Alternating 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.



### **Spiderman Climb with a Reach (SCREACH)**

- 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.
- As you reach the top of the motion, rotate your upper body to point your arm toward the ceiling.
- Keep your abs braced and slowly return to the start position.
- Alternate sides until you complete all of the required repetitions.



# Warm-up

## Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



## 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



# Workout A

## 1-Arm DB High Pull

- Hold one dumbbell at arm's length in front of your thigh.
- 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 for all reps, then switch sides.



## 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





# Workout A

## Barbell/BW 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.



## DB Incline Chest 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

## 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.



## 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

## 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.



## 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.



# Workout A

## 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.



## Extended Side Plank

- Lie on the floor on your side.
- Support your bodyweight with your arm extended.
- 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.





# Workout A

## 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

- 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.



# Workout A

## 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.



# Workout B

## Long Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



## 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

## Bodyweight 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.



## 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.



# Workout B

## 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



## 1-Arm KB or DB Swings

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



# Workout B

## 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.**



## 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.



# Workout B

## 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.





## Workout C

### Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



### 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



# Workout C

## 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



## 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.





## Workout C

### Farmer's Walk

- Grab a pair of heavy dumbbells
- Walk while keeping your upper body tall and your abs braced.
- If working in a small space, you can walk back and forth.
- This is also a great way to build forearm strength.



### Alligator Crawl

- Start from a push-up position with your feet on a towel.
- Keep your body in a straight line throughout the entire exercise.
- Walk your body forward using only your hands. Your feet will slide across the floor because they are on a towel. If done on carpet, place your feet on a weight plate.



# Workout C

## Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



## 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 C

## Side-to-Side Hops

- This move will make you feel like a kid – it's like lateral jumps but less impact.
- Imagine a line next to you and hop “over” the line to one side.
- Repeat back to the other side.
- Go as fast as possible.



## Plank Jumping Jacks

- Start in the plank position, maintain a straight line with your body and your abs braced.
- Just like a regular jumping jack, “jump” your feet out to the sides and bring them back in.
- Keep a straight line with your whole body the entire time.



# Resources

## More Fat-Torching 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**