

SPRINT CONDITIONING FOR ABS

THE ULTIMATE COMBINATION OF **FAT-BURNING**
SPRINTS AND THE BEST AB EXERCISES!



MIKE WHITFIELD, CTT

Sprint Conditioning for Abs

Welcome from Mike Whitfield & Workout Finishers...



You already know that sprints are pretty much the “miracle pill” of fat loss. Short bursts of high intensity training like sprints can shed off even that lower belly fat that tends to linger.

But what happens when you combine the power of sprints and the BEST ab exercises science has to offer?... better yet, the best BODYWEIGHT ab exercises?

Well, for one thing, you'll boost your metabolism. And when you combine these powerful sprints and ab exercises, you'll not only shed belly fat, but you'll also get a rock-solid core which prevents back pain.

And hey, you like showing off defined abs... admit it.

So, that's what this program will do for you. It's wicked combination of these two fat-torchers, but it works... as long as you're willing to put in the effort.

Time to train like an athlete,
Mike Whitfield, CTT

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

www.WorkoutFinishers.com - Get over 50 metabolic finishers you can use with any workout for shocking fat loss results without boring cardio or intervals

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question inside the Workout Finishers Inner Circle at 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!
- 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.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Note About Using This Sprint Program

Even top-level athletes don't go crazy using sprints because they are so demanding. So that's why this program is structured for 4 days a week.

Now, you can use these sprint conditioning programs for:

- 1) Finishers to your main workout program (do these at the end) but just know that these are longer than typical finishers.
- 2) If you need short workouts due to a busy schedule, you can certainly use this for your main workout program (no more than 4 weeks).
- 3) Off day conditioning - just be sure to listen to your body. If you find yourself struggling to recover, it's time to cut back and limit your sprint sessions. If you are using this as off day conditioning, only use 2 sprint sessions per week!

Sprint Conditioning for Abs 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.
- If you're using this as a finisher, you can SKIP the bodyweight circuit, but you need to still do the sprint warm-ups.
- **Start every workout with this warm-up circuit if this is your main program.**

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.

Warm-up

Y-Squat (10)
X-Body Mountain Climber (8/side)
Leg Swings (15/side)
PushupPlank (20 secs)

Then do the following circuit resting as shown ONE time...

Sprint Warm-up Circuit

1 sprint at 50% maximum effort (30 yards), rest 30 seconds
1 sprint at 60% maximum effort (30 yards), rest 30 seconds
1 sprint at 70% maximum effort (30 yards), rest 1 minute
1 sprint at 80% maximum effort (30 yards)

If using this as your MAIN workout program, follow the schedule for 4 weeks and then switch to another Workout Finishers approved workout plan.

Sprint Conditioning for Abs Schedule

Day 1 – Sprintin’ and Climbin’

- 1A) Sprint (20 yards)
 - 1B) Spiderman Climb (10/side), rest 30 seconds
 - 1C) Sprint (30 yards)
 - 1D) X-Body Mountain Climber (10/side), rest 30 seconds
 - 1E) Sprint (40 yards)
 - 1F) Bodysaw (15), rest 30 seconds
- Rest 1 minute and repeat 2 more times

Stretch as needed

Day 2 - Density Sprints

Do the following superset as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, move into 2A.

- 1A) Shuttle Sprint (back and forth 5 times)
- 1B) Pushup/X-Body Mountain Climber Combo (5)

Do the following circuit ONE time, resting only when needed

- 2A) 20-yard sprints (As many as possible in 1 minute)
- 2B) Hand Walk-outs (As many as possible in 1 minute)
- 2C) 40-yard sprints (As many as possible in 1 minute)
- 2D) Plank (Hold for 1 minute)

Rest 1 minute, then...

Do the following 3 times:

- 3) Rolling Plank (20 secs each position), then rest 20 secs

Stretch as needed

Day 3 – Recovery day and light activity for 30 minutes

Sprint Conditioning for Abs Schedule

Day 4 – The Ab Sprint Gauntlet

Do the following circuit ONE time, resting as shown:

- 1A) Bodyweight Death Crawl (6)
- 1B) Hill Sprint or Sprint (30 yards) (3) – rest 30 secs between sprints
- 1C) T Pushups (5/side)
- 1D) Hill Sprint or Sprint (30 yards) (3) – rest 30 secs between sprints
- 1E) Side Plank (20 secs/side)
- 1F) Hill Sprint or Sprint (30 yards) (3) – rest 30 secs between sprints
- 1G) Plank to Tricep Extension (10)
- 1H) Hill Sprint or Sprint (30 yards) (3) – rest 30 secs between sprints

Stretch as needed

Day 5 – Sprinting Chaos Circuits

- 1A) Shuttle Sprint (20 secs)
 - 1B) Around the World (30 secs)
 - 1C) Sprint (20 secs)
 - 1D) Lateral Walking Plank (30 secs)
- Rest 1 minute and repeat 2 more times

Do the following circuit resting only when needed. In the first circuit, you'll perform 5 reps of 2A and 2D. In the next circuit, you'll perform 4 reps of those exercises. Continue in this fashion until you complete 1 rep of each of those exercises. For 2B and 2D, you'll do 10 seconds with EVERY circuit.

- 2A) Burpee/X-Body Mountain Climber Combo (5...1)
- 2B) Sprint (10 secs)
- 2C) Plank to Pushup (5...1)
- 2D) Sprint (10 secs)

Days 6 & 7 – Recovery day and light activity for 30 minutes

Sprint Conditioning for Abs

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.

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.



Sprint Conditioning for Abs

Warm-up

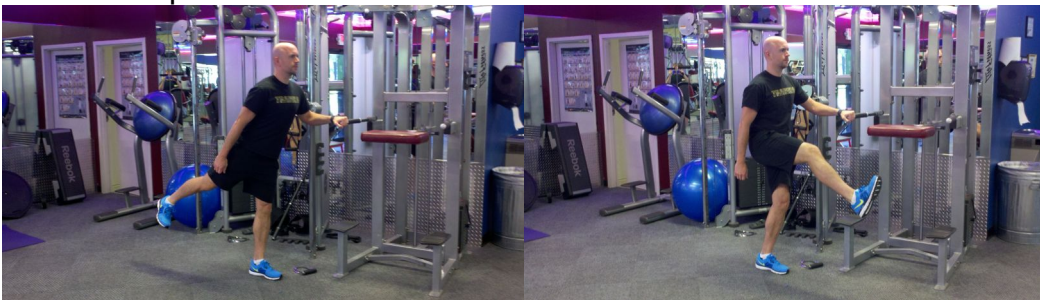
X-Body Mountain Climber

- 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.



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.



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Warm-up

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

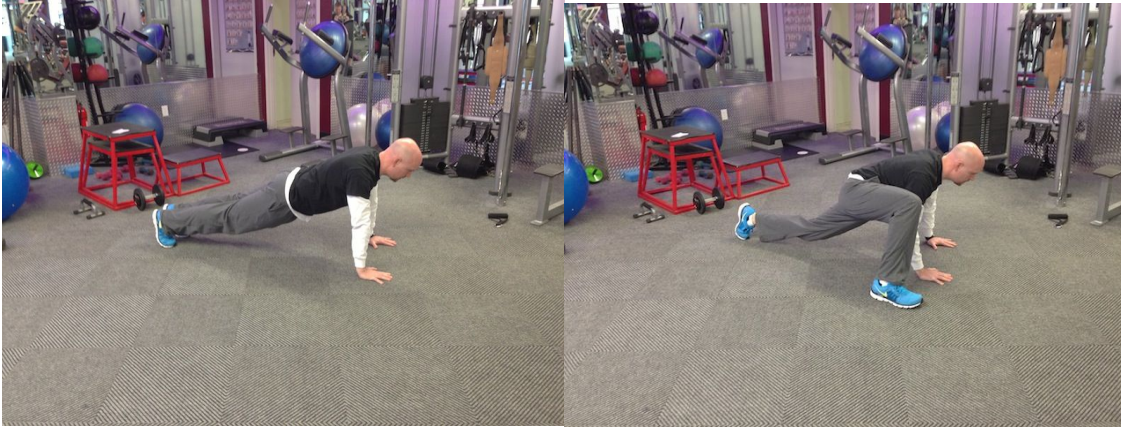


Sprint Conditioning for Abs

Day 1: Sprintin' and Climbin'

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.



X-Body Mountain Climber – (see above)

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!



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Day 2: Density Sprints

Shuttle Sprint

- 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



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.



Sprint Conditioning for Abs

Day 2: Density Sprints

Hand Walk-outs

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



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.



Sprint Conditioning for Abs

Day 2: Density Sprints

Rolling Plank

- Perform a standard plank by maintaining a straight line with your body and balancing your weight on your toes and forearms.
- Brace your abs hard.
- Then “roll” to one side and perform a side plank, maintaining your balance on your one forearm.
- Then “roll” to the other side and repeat.
- Do each movement for the time prescribed.

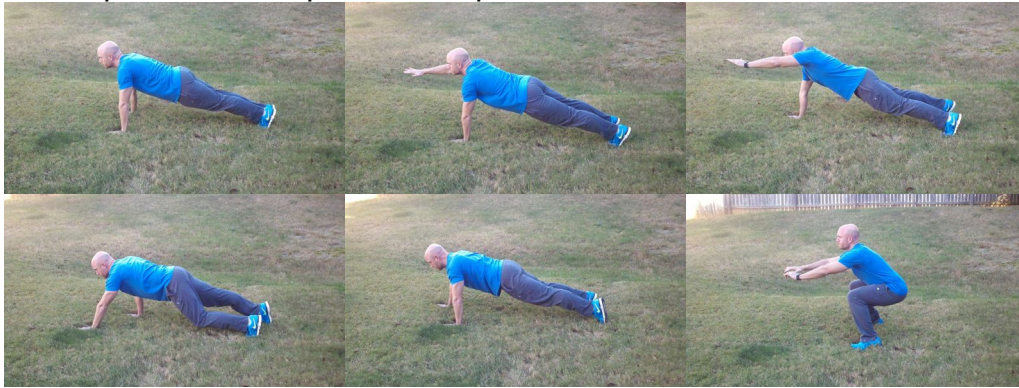


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Day 4: The Ab Sprint Gauntlet

Bodyweight Death Crawl

- Start in a push-up position.
- Do four Superman push-ups by extending one arm out after doing a pushup – alternate sides (2/side)
- Now, do a walking plank, moving forward several feet by lifting your hands and your feet, and taking tiny steps like an alligator crawl – take 2 steps per side. (Remain in the up position of the push-up.)
- Stand up and do a jump squat.
- Drop down and repeat the sequence.



T Pushups

- 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.



Day 4: The Ab Sprint Gauntlet

Side Plank

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



Plank to Tricep 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.



Day 5: Sprinting Chaos Circuits

Shuttle Sprint – (see above)

Around the World

- Set your feet on a bench or low box and assume the pushup position, maintain a straight line with your body
- Keeping your abs braced and a straight line with your body, “walk” your hands around in one direction in a circle.
- You can also go halfway and come back
- If you don't have access to a bench or platform, you can do this maintaining a pushup position without your feet elevated..



Lateral Walking Plank

- Hold the pushup plank position by maintaining a straight line with your body and your arms extended.
- Keep your abs braced.
- Using your hands, and feet walk to one side by moving laterally one big step.



Day 5: Sprinting Chaos Circuits

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.



Plank to Pushup

- Hold the plank position by maintaining a straight line with your body and balancing your weight on your forearms and toes.
- Keep your abs braced.
- Move into the pushup position by pushing through the floor through your hands, raising one arm at a time.
- Return to the plank position.



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

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 - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

www.FinisherFreaks.com - The OFFICIAL Workout Finishers Inner Circle

- ✓ 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