MELTabolic

Melt Fat
6 Days a Week

MIKE WHITFIELD, MASTER CTT
Welcome from Mike Whitfield & Workout Finishers…

You're so antsy.

You want to do something 6 days a week instead of 3. “Staying active” just doesn’t cut it for you. Well, I finally have a solution for you…. The MELTabolic 6.

It’s my first 6-day/week program. The workouts are short, but you’ll be doing something 6 days a week with the perfect dose of fat-blasting strength training and calorie-torching metabolic conditioning.

And get this… I have it designed so you could make it a 3-day week schedule, too, giving you more flexibility and dismissing any excuses for not exercising.

I’m throwing everything at you every day so you’ll melt fat faster than ever. This could be the plateau smack in the mouth you need. We’re talking workouts that will boost your fat-burning hormones like the DB Row with a 5-second lowering phase and more.

My favorite is the Day 2 conditioning workout that will smoke your whole body in just two moves, and boosting your metabolism for hours.

To getting sick results in 6 days a week,
Mikey Whitfield, Master CTT

PS – Join me on Facebook – we talk finishers, workouts… and pancakes. You can also ask me your questions, get exercise substitutions and more.

www.facebook.com/WorkoutFinishers
Disclaimer:

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

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

• Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.

• Do this finishers workout program for four weeks, then switch to another finishers workout program

• Don't be afraid to ask a question on my Facebook page at www.facebook.com/WorkoutFinishers

• If it hurts, STOP! Don’t be afraid to use alternative exercises. I don’t believe in the “no pain, no gain” mentality.

• If you need extra recovery within the workout or between workouts, don’t hesitate to take it. In other words, don’t keep going if you’re feeling dizzy!

• Use a spotter if you are training with heavy weights.

• Just because something looks easy on paper doesn’t mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.

• If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.

• If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.
MELTabolic 6

MELTabolic 6 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**

- SCREACH (3 reps per side)
- Alternating Diagonal Lunge (6 reps per side)
- Jumping Jacks (10)
- Pushup/Mountain Climber Combo (5)

**Train 6 days per week as outlined in the workout schedule below OR...**

You can train 3 days a week by following this schedule:

Day 1 – Combine Workouts A & B
Day 2 – Stay active for 30 minutes (for example – walking or playing with your kids)
Day 3 – Combine Workouts C & D
Day 4 – Stay active
Day 5 – Combine Workouts E & F
Days 6 & 7 – Stay active

**Follow this program for 4 weeks and then switch to another Finisher Freak Workout program.**
**MELTabolic 6 Workout Schedule**

**Day 1 – Workout A**

Do the following 3 times, resting for 1 minute between sets

1) DB Squat & Press (8)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) *DB Row with 5-second Lowering Phase (5)
2B) Spiderman Pushup Plank (as long as possible up to 20 seconds per side)

*Take 5 seconds to lower the weight

**Finisher**

Do the following superset 5 times, resting for 20 seconds after each superset:

3A) Bench Vault (20 secs)
3B) Jump Rope or Jumping Jacks (20 secs)

**Stretch as needed**

**Day 2 – Workout B**

Do the following superset resting only as needed.

- Superset 1 – 15 Bodyweight Squats, 1 Pushup
- Superset 2 – 14 Bodyweight Squats, 2 Pushups
- Superset 3 – 13 Bodyweight Squats, 3 Pushups

Keep going until you complete 1 Bodyweight Squat and 15 Pushups

Bodyweight Squats (15…1)
Pushups (1…15)

**Stretch as needed**
Day 3 – Workout C

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) DB High Pull (6)
1B) DB Incline Fly Press (8)
1C) DB Offset Reverse Lunge (10/side)
1D) X-Body Mountain Climbers with Feet Elevated (8/side)

Finisher

2) Medicine Ball Slams or Alternating DB Chop (As many as possible in 90 seconds)

Stretch any tight muscles

Day 4 – Workout D

Do the following superset as many times as possible in 10 minutes, resting only when needed.

1A) KB or DB Swings (20)
1B) Renegade Crawl (5/side)

Finisher

Do the following superset as many times as possible in 5 minutes.

2A) Burpees (10)
2B) Total Body Extensions (15)

Stretch any tight muscles
MELTabolic 6

MELTabolic 6 Workout Schedule

Day 5 – Workout E

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Chin-ups or Inverted Row or Strap Row (30 secs)
1B) Goblet Bulgarian Split Squat (30 secs/side)

Do the following superset 3 times, resting for 30 seconds after each superset.

2A) Alternating DB Curl (8/side)
2B) DB Lying Tricep Extensions (8)

Finisher

Do the following circuit ONE time, resting only as needed.

3A) Jump Squat or Bodyweight Squat (15)
3B) Decline Pushups (30)
3C) Jump Squat or Bodyweight Squat (15)
3D) Spiderman Climb (20/side)
3E) Jump Squat or Bodyweight Squat (15)

Stretch as needed

Day 6 – Workout F

Do the following circuit TWICE, resting as shown. So you’ll do 20 seconds of Prisoner Lunges, then rest 10 seconds. You’ll do this for 6 rounds, then move into the Elevated Pushups, etc.

1A) Prisoner Lunge (20 secs), rest 10 secs – 6 rounds (switch sides with each round)
1B) Elevated Pushups (20 secs), rest 10 secs – 4 rounds (switch sides with every round)
1C) Lateral Hops (20 secs), rest 10 secs – 6 rounds
1D) Mountain Climbers (20 secs), rest 10 secs – 4 rounds
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<th>Workout A</th>
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<td>1) DB Squat &amp; Press (8)</td>
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<td>2A) DB Row/5-Sec Phase (5/side)</td>
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<td>2B) Spiderman Pushup Plank (20s/side)</td>
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<td>3A) Bench Vault (20s)</td>
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<td>3B) Jump Rope or JJ's (20s)</td>
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<td>1A) Bodyweight Squat (15…1)</td>
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<td>1B) Pushups (1…15)</td>
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<td>1D) X-Body MC w/Feet Ele (8/side)</td>
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<td>2) Med Ball Slam or Alt DB Chop (90s)</td>
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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.

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

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.

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
**Warm-up**

**Pushup/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 a Mountain Climber by bringing one knee towards the hand on the same side, keeping your body in a straight line. Repeat for the other side (1 on each side)
- That’s one full rep – repeat as necessary.
**Workout A**

**DB Squat & Press**
- Hold a kettlebells or dumbbells at shoulder height with your palms facing each other.
- Squat to at least parallel, maintaining an upright torso, keeping the kbs or dbs at shoulder height and chest up.
- Return to the standing position, then perform a shoulder press by pressing the kbs or dbs above your head.

![DB Squat & Press](image1)

**DB Row with 5-Second Lowering Phase**
- 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, taking 5 seconds.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.

![DB Row with 5-Second Lowering Phase](image2)
Workout A

**Spiderman Push-up Plank**
- 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 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Hold this position as prescribed.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all 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.

**Jumping Jacks (see above)**
**Workout B**

**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.

![Bodyweight Squat](image)

**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.

![Pushup](image)
Workout C

**DB High Pull**

- Hold two dumbbells at arm’s length in front of your thighs.
- 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 dumbbells 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.
Workout C

DB Incline Fly Press
- Set up a bench with a moderate incline (1-2 notches above flat).
- Hold the dumbbells above your chest with your palms turned toward one another.
- Slowly lower the dumbbells out to each side and lower to chest level.
- Bring the dumbbells in to the chest as if you were doing regular chest presses.
- Press the dumbbells straight up above the chest.
Workout C

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

**X-Body Mountain Climber w/Feet Elevated**
- Put your feet up on a bench or small platform and place your hands on the floor about shoulder width apart.
- Keeping your abs braced and your body straight, bring in one knee towards the opposite elbow.
- Return to the starting position and repeat for the other side.
Workout C

**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.

**Alternating DB Chops**
- Grab a dumbbell
- Start by holding the dumbbell above your head and to the left.
- In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
- Brace your abs HARD.
- Return to the starting position and repeat for the other side. Repeat as necessary.
Workout D

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.

Renegade Crawl
• Start at the top of a pushup position gripping two dumbbells
• Move forward by maintaining a straight line with your body and moving one dumbbell slightly forward and on your toes
• Repeat for the other side
• Maintain a straight line the entire time, keeping your abs braced
• You can also do this with bodyweight!
Workout D

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.

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.
Workout E

**Chin-ups**
- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum.

**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.
**Workout E**

**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.

![Strap Row Image]

**Goblet Bulgarian Split Squat**
- Stand with your feet shoulder-width apart. Hold a dumbbell in front of you at chest height.
- 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.

![Goblet Bulgarian Split Squat Image]
Workout E

**Alternating DB Curl**
- Stand and hold dumbbells at arm’s length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl one dumbbell up towards your shoulder.
- As you lower that db down, curl the other db towards your shoulder.
- Control the db on the way down with each rep and repeat as necessary.

**DB Lying Triceps Extension**
- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.
Workout E

**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.

**Bodyweight Squat (see above)**

**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.
Workout E

Jump Squat (see above)

Bodyweight Squat (see above)

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.

Jump Squat (see above)

Bodyweight Squat (see above)
Prisoner Lunge
• Stand with your feet shoulder-width apart and hands clasped behind your head.
• Step forward with one leg, taking a slightly larger than normal step.
• Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
• Lower your body until your front thigh is parallel to the ground.
• Keep your upper body upright and your lower back flat.
• Push back to the start position.

Elevated Pushups
• Keep the abs braced and body in a straight line from knees to shoulders.
• Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
• Slowly 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.
• Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.
**Workout F**

**Side-to-Side Hops or Lateral 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.

**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.
More Resources to Fat-Torching 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

“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