

Oops Circuits



4-Minute Shortcuts for Extreme Fat Loss

A message from Mike Whitfield, Master CTT



Oops. I didn't really mean to eat THAT much.

C'mon. You've done it. I've done it. It happens. You over-indulge on a weekend getaway or you just got back from a vacation that had too many all-you-can-eat buffets.

Now you want to overcome this, but without having to stay in the gym for hours and hours. What can you do?

Enter the 4-Minute "Oops" Solution. An ACE study PROVED that these intense 4-minute circuits (that require ZERO equipment by the way) can burn up to 360 calories!

How can you use these?

- 1) 5 days a week (your choice) do any ONE of these or...
- 2) Need some more calorie burning? "Stack" up to 3 of these together for one workout. Be sure to only do this 3 times a week (with a day of rest in between).

So this is your chance to make up some ground. Have fun and train safe.

Oops Happens...

Mike Whitfield, Master CTT

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.

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.
- 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.

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.



Oops Solution

Oops Workout #1 The Jumping Sprinter

Do the following as shown. So, you'll do 20 seconds of Lunge Jumps, then rest 20 seconds. Do this 4 times, then do the same for the Shuttle Sprints.

Lunge Jumps (20 secs), rest 10 secs – 4X

Shuttle Sprint (20 secs), rest 10 secs – 4X

2 – Two-Round Rush

Do the following circuit twice, resting as shown.

Sprint or Run in Place (20 secs), rest 10 secs

Star Jumps (20 secs), rest 10 secs

Burpee/Spiderman Pushup Combo (20 secs), rest 10 secs

Jumping Jacks (as fast as possible) (20 secs), rest 10 secs

3 – Minimalist Singles

Do the following as shown 8 times:

Single Leg Burpee (alternate legs with each round) (20 secs), rest 10 secs

4 – A “Tres” of Chaos

Do the following circuit as shown. So, you'll do Lateral Jumps for 20 seconds followed by 10 seconds of rest 4 times, then move into the Squat Thrusts, etc.

Lateral Jumps (20 secs), rest 10 secs – 4X

Squat Thrusts (20 secs), rest 10 secs – 2X

Total Body Extensions (as fast as possible) (20 secs), rest 10 secs – 2X

5 – Tabata Foursome

Do the following circuit as shown. So, you'll do Explosive Pushups for 20 seconds followed by 10 seconds of rest 2 times, then move into the Shuttle Sprint, etc.

Explosive Pushups (20 secs), rest 10 secs – 2X

Shuttle Sprint (20 secs), rest 10 secs – 2X

Bear Crawl (as fast as possible) – 2X

Lunge Jumps (20 secs), rest 10 secs – 2X

Oops Solution

6 – Kong It Out

Do the following circuit ONE time resting as shown.

Kong (20 secs), rest 10 secs
Burpee (20 secs), rest 10 secs
Kong (20 secs), rest 10 secs
Split Shuffle (20 secs), rest 10 secs
Kong (20 secs), rest 10 secs
Jumping Jacks (as fast as possible) (20 secs), rest 10 secs
Kong (20 secs), rest 10 secs
Double Burpee (20 secs),

7 – Workin' 6 to 2

Do the following as shown. So you'll do Total Body Extensions for 20 seconds followed by 10 seconds of rest. You'll do this 6 times and then move into the Chest Tap Pushups.

Total Body Extensions (as fast as possible) (20 secs), rest 10 secs – 6X
Chest Tap Pushups (20 secs), rest 10 secs – 2X

8 – Jacked Overload

Do the following as shown 8 times.

Jumping Jacks (as fast as possible) (20 secs), rest 10 secs

9 – Two by Fours

Do the following circuit twice, resting as shown.

Prisoner Lunge Jumps (20 secs), rest 10 secs
Bear Crawl (as fast as possible) (20 secs), rest 10 secs
Sprint or Run in Place (20 secs), rest 10 secs
Burpee/Sprint Combo (20 secs), rest 10 secs

10 – Brutal Intentions

Do the following circuit as shown. So, you'll do Jump Squats for 20 seconds followed by 10 seconds of rest 4 times, then move into the Squat Thrusts, etc.

Jump Squat (20 secs), rest 10 secs – 4X
Squat Thrust (20 secs), rest 10 secs – 2X
Star Jumps (20 secs), rest 10 secs – 2X

Exercise Library

(Exercises are in alphabetical order)

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.

Bear Crawl

- Do not do this if you have back problems
- Start on all fours
- Move forward with your hands and feet
- Then move backwards



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.



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



Burpee/Sprint Combo

- 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 or jump back up.
- Run in place (with high knees) for 4 reps
- Repeat as necessary.



Chest Tap 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.
- Explosively push through your chest, shoulders and triceps with enough momentum to tap your chest.
- Drop back into another pushup and repeat.
- Keep your abs braced throughout the movement.



Double Burpee

- 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 TWO pushups
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Explosive Pushups (AKA Plyo 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



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.



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



Kong

- Squat down onto all fours.
- Rise up on the balls of your feet.
- Pull your body forward with your arms while hopping forward, like a gorilla.



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.



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



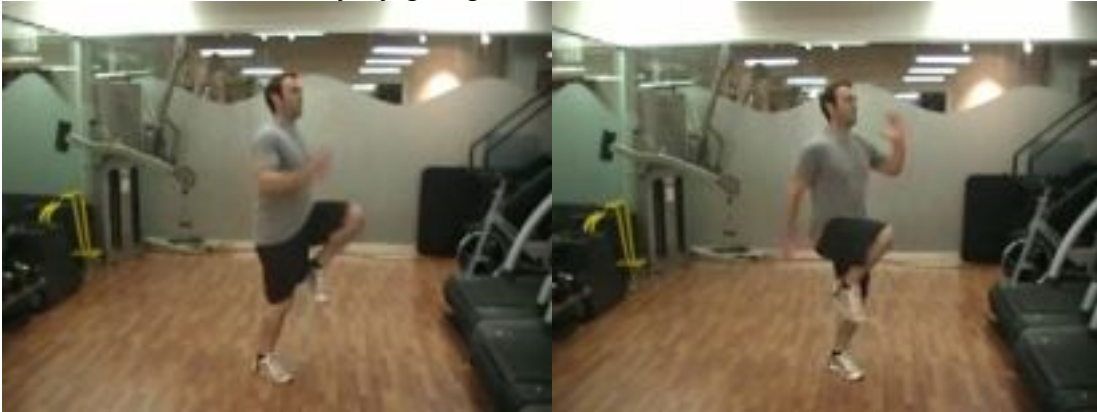
Prisoner Lunge Jumps

- 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.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- 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



Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



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



Single Leg Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



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



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



Star Jumps

- Stand with your feet about shoulder width apart and your hands at your sides
- Partially squat down with your arms crossed in front of you
- Jump and simultaneously bring your arms above your head as if you're performing a jumping jack in mid-air
- Return to the starting position (be sure to land in the partial squat to absorb the landing)



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.**

