



## Jump Rope Ab Finishers

### Welcome from Mike Whitfield & Workout Finishers



**Mike Before**



**Mike After**

I don't know about you, but I LOVE using the jump rope with metabolic finishers. But what happens when you combine the fat-burning power of jump roping and the best ab exercises?

Awesome sauce, that's what happens.

I've combined the best ab exercises and jump rope intervals for the best finishers you can plug in after ANY workout.

You'll sweat, have fun, and shrink your waistline. Have fun!

**Finish Strong,  
Mike Whitfield, CTT  
Author, Workout Finishers**

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](https://www.facebook.com/WorkoutFinishers) - See you on facebook? Yes, you will.

[www.abfinishers.com](http://www.abfinishers.com)

**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.

## Jump Rope Ab Finishers

### 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 here: [www.facebook.com/workoutfinishers](http://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.

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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



# The Finishers

## Jump Rope Ab Finisher # 1 “Snatch Me a Rope”

Do the following circuit twice, resting for 30 seconds between circuits

- 1A) KB Snatch (15 ea)
- 1B) Stability Ball/Medicine Ball Superman Plank (ALAP up to 60 secs)
- 1C) Jump Rope (9/10 intensity) (30 secs)

### **Make it Easier**

- 1A) KB or DB Swings (15)
- 1B) Push-up Plank w/Arms Extended (ALAP up to 60 secs)
- 1C) Jump Rope (9/10 intensity) (30 secs)

## Jump Rope Ab Finisher # 2 “Press Jump for Abs”

Do the following superset 4 times, resting for 30 secs between supersets

- 1A) Jump Rope (8/10 intensity) (1 minute)
- 1B) Cable Core Press or Stability Ball Plank (30 secs)

### **Make it Easier**

To make this finisher easier, simply reduce the amount of supersets (3 for example)

### **Jump Rope Finisher # 3** **“We Be Climbin’ and Jumpin a While”**

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

- 1A) Spiderman Climb (6 ea)
- 1B) Jump Rope (9/10 intensity) (20 secs)
- 1C) Cross-Body Mountain Climber (6 ea)
- 1D) Jump Rope (9/10 intensity) (20 secs)
- 1E) Mountain Climbers (12 ea)

#### **Make it Easier**

To make this finisher easier, reduce the circuits down to 2-3.

### **Jump Rope Ab Finisher # 4** **“Simplified”**

Do the following superset 6 times, resting for 20 secs between supersets

- 1A) Jump Rope (9/10) intensity (20 secs)
- 1B) Plank (20 secs)

#### **Make it Easier**

To make this finisher easier, perform less rounds (for example, 4 times instead of 6)

## **Jump Rope Ab Finisher # 5** **“The Kettle and Rope Countdown”**

Do the following circuit resting only when needed. In the first circuit, you will perform 8 reps with the KB Snatch and Swing. In the next circuit, you will perform 7 reps. Continue in this fashion until you complete 1 rep of those exercises.

- 1A) KB Snatch (8 ea, 7 ea, down to 1 ea)
- 1B) Jump Rope (7/10 intensity ) (30 secs)
- 1C) KB/DB Swings (8, 7, down to 1)

### **Make it Easier**

(You can also start with 6 reps rather than 8)

- 1A) KB/DB Swings (8, 7, down to 1)
- 1B) Jump Rope (7/10 intensity) (30 secs)
- 1C) KB/DB Swings (8, 7, down to 1)

## **Jump Rope Ab Finisher # 6** **“Jumpin’ the Total Body”**

Do the following circuit one time, resting only when needed. Time yourself. The next time you perform this finisher, try to beat your previous time

- 1A) Jump Rope (75) (reps is each time the rope goes over the head)
- 1B) Underhand Grip Inverted Row (15)
- 1C) Ab Wheel Rollout (20)
- 1D) Jump Rope (75)
- 1E) Spiderman Push-ups (15 ea)
- 1F) Prisoner Alternating Cross-Over Lunge (12 ea)
- 1G) Jump Rope (75)

### **Make it Easier**

- 1A) Jump Rope (50)
- 1B) Modified Inverted Row (10)
- 1C) Stability Ball Rollout (15)
- 1D) Jump Rope (50)
- 1E) Normal/Incline/Kneeling Push-ups (20)
- 1F) Prisoner Alternating Cross-Over Lunge (8 ea)
- 1G) Jump Rope (50)

## **Jump Rope Finisher # 7 “Jumpy and Unstable”**

Do the following circuit twice, resting for 1 minute between circuits

- 1A) Jump Rope (8/10 intensity) (60 secs)
- 1B) Jackknife (15)
- 1C) Jump rope (9/10 intensity) (30 secs)
- 1D) Stability Ball Plank (45 secs)
- 1E) Jump Rope (8/10 intensity) (60 secs)
- 1F) Stir-the-Pot (5 ea)

### **Make it Easier**

- 1A) Jump Rope (8/10 intensity) (60 secs)
- 1B) Stability Ball Rollout (10)
- 1C) Jump Rope (9/10 intensity) (30 secs)
- 1D) Plank (45 secs)
- 1E) Jump Rope (8/10 intensity) (60 secs)
- 1F) Stir-the-Pot (3 ea)

## **Jump Rope Ab Finisher # 8 “Jump-Start the Heart”**

Do the following superset 5 times, resting for 20 secs between supersets

- 1A) Jump Rope (9/10 intensity) (20 secs)
- 1B) Burpees (6)

### **Make it Easier**

You can also reduce the number of supersets

- 1A) Jump Rope (9/10 intensity) (20 secs)
- 1B) Total Body Extensions (10)

## Jump Rope Ab Finisher # 9 “Nifty Fifty”

Do the following circuit 50 times (no, I’m kidding). Do the following circuit twice, resting for 50 secs between circuits

- 1A) Plank (50 secs)
- 1B) Jump Rope (50)
- 1C) Cable Core Press or Stability Ball Plank (50 secs)
- 1D) KB/DB Swings (50)

### **Make it Easier**

To make this finisher easier, simply reduce the time and reps. For example, you could do 40 instead of 50.

## Jump Rope Ab Finisher # 10 “The 2-Part”

### Part 1

Do the following superset 3 times, resting for 20 secs between supersets. After the third superset, proceed to part 2

- 1A) Bear Crawl (30 secs)
- 1B) Jump Rope (9/10 intensity) (20 secs)

### Part 2

Do the following circuit twice, resting for 1 minute after each circuit

- 2A) Squat Thrusts (20)
- 2B) Jump Rope (7/10 intensity) (60 secs)
- 2C) Inchworm (30 secs)

### Make it Easier

#### Part 1

- 1A) Bear Crawl (20 secs)
- 1B) Jump Rope (9/10 intensity) (20 secs)

#### Part 2

- 2A) Squat Thrusts (15)
- 2B) Jump Rope (7/10 intensity) (60 secs)
- 2C) Inchworm (20 secs)

## Jump Rope Ab Finishers

### Exercise Descriptions (in order of appearance)

#### Finishers 1-5

##### Kettlebell Snatch

- 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.
- Make sure to watch the video for this one.



## Jump Rope Ab Finishers

### Finishers 1-5

#### **Stability Ball Superman Plank**

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- You can also use a medicine ball
- Brace your abs throughout the entire exercise.



#### **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.



## Jump Rope Ab Finishers

### Finishers 1-5

#### **Pushup Plank w/Arms Extended**

- 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



#### **Cable Core Press**

- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



## Jump Rope Ab Finishers

### Finishers 1-5

#### **Stability Ball Plank**

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



#### **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 Rope Ab Finishers

### Finishers 1-5

#### **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.



#### **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.



## Jump Rope Ab Finishers

### Finishers 1-5

#### **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.



**KB Snatch (see above)**

**KB/DB Swings (see above)**

## Jump Rope Ab Finishers

### Finishers 6-10

#### 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.



#### 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.



## Jump Rope Ab Finishers

### Finishers 6-10

#### Spiderman 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 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.
- 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.
- Keep your body in a straight line at all times and try not to twist your hips.



#### Prisoner Crossover Lunge

- Stand with your hands behind your head and your shoulders retracted.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight.
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, then do all reps for one leg and then switch.



## Jump Rope Ab Finishers

### Finishers 6-10

#### **Inverted Rows w/ Knees Bent**

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches 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.



#### **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.



## Jump Rope Ab Finishers

### Finishers 6-10

#### 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.



#### Incline Pushups

- Place your hands on a bench or smith bar with your hands just wider than shoulder-width apart.
- Slowly lower your body down to the bench or bar – taking about 2 seconds to do this.
- After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
- If it is too hard, do wall pushups. Be careful...don't lower your body too quickly.



## Jump Rope Ab Finishers

### Finishers 6-10

#### Kneeling Push-up

- 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.



#### Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



## Jump Rope Ab Finishers

### Finishers 6-10

#### **Stability Ball Plank (see above)**

#### **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.



#### **Stability Ball Rollout (see above)**

#### **Plank (see above)**

## Jump Rope Ab Finishers

### Finishers 6-10

#### 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. 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.**



## Jump Rope Ab Finishers

### Finishers 6-10

**Plank (see above)**

**Cable Core Press (see above)**

**KB/DB Swings (see above)**

#### **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



#### **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



## Jump Rope Ab Finishers

### Finishers 6-10

#### **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.



## More Resources to 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

- ✓ 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