

## Bootcamp Bodyweight Density Finishers

*A message from Mike Whitfield, CTT*



Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

You already know the power of using bodyweight exercises for metabolic finishers. But what happens when you combine finishers with the density method?

You get an addicting way to finish off any workout, especially bootcamp workouts. You'll have fun getting your campers through these short, but powerful metabolic finishers.

For an added challenge, have your campers try to beat previous bests every time you do the finisher. Your campers will not only work harder, but they will drop fat.

That's a win/win.

**Boom goes the density finisher dynamite,  
Mike Whitfield (Mikey), CTT**

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Grab 40 more amazing workout finishers to go with any program

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - My blog dedicated to metabolic finishers

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**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 (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. 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.
- 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.



## Bootcamp Bodyweight Density Finishers

- Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.
- Be conservative when you try a finisher for the first time.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.
- Although the rest periods are set, don't be afraid to rest as needed

## Bootcamp Bodyweight Density Finishers

### **Finisher # 1** **“The Super-Setter”**

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

- 1A) Prisoner Crossover Lunge (15/side)
- 1B) Superman Pushups (10/side)

### **Finisher # 2** **“The 3-For-All”**

Do the following circuit as many times as possible in 5 minutes:

- 1A) Burpees (3)
- 1B) Prisoner Squat (3)
- 1C) Close-Grip Pushups (3)
- 1D) Walking Lunges (3/side)
- 1E) Spiderman Climb (3/side)

### **Finisher # 3** **“The Pushing Gauntlet”**

Do the following circuit one time, resting only when needed. The clock continues to tick, and have your campers perform as many reps as they can with each exercise.

- 1A) Spiderman Pushups (1 minute)
- 1B) Alternating Reverse Lunge (1 minute)
- 1C) Decline Pushups (1 minute)
- 1D) Skater Hops (1 minute)
- 1E) Close-Grip 3/4<sup>th</sup> Rep Pushups (1 minute)

## Bootcamp Bodyweight Density Finishers

### **Finisher # 4** **“Get Me a 45”**

Do the following circuit as shown ONE time, resting only as described, but if your campers need more rest, allow it.

- 1A) Prisoner Jump Squat (45 secs), rest 15 secs
- 1B) Squat Thrusts (45 secs) rest 15 secs
- 1C) Total Body Extension (45 secs), rest 15 secs
- 1D) Lateral Jumps (45 secs)

### **Finisher # 5** **“Too Many 4 X 4’s”**

Do the following circuit as many times as possible in 4 minutes, resting only when needed:

- 1A) Single Leg Burpees (2/side – 4 total)
- 1B) Offset Pushups (2/side – 4 total)
- 1C) Swing Lunge (2/side – 4 total)
- 1D) Jumping Jacks (4)

### **Finisher # 6** **“Bulgarians on the Rise”**

Do the following superset as many times as possible in 5 minutes, resting only when needed. In your first superset, you will perform 2 reps of each exercise. In the next superset, you will perform 3 reps of each. Continue in this fashion until the time is up.

- 1A) Bulgarian Split Squat (2/side, 3/side, etc., etc.)
- 1B) X-Body Mountain Climber (2/side, 3/side, etc., etc.)

## Bootcamp Bodyweight Density Finishers

### **Finisher # 7** **“Jumping Frenzy”**

Do the following circuit as many times as possible in 4 minutes, resting only when needed:

- 1A) Lunge Jumps (5/side)
- 1B) Pushups (10)
- 1C) Prisoner Jump Squat (5)
- 1D) Bodysaw (10)
- 1E) Vertical Jump and Stick (5)

### **Finisher # 8** **“Shooting for the Stars”**

Do the following superset twice as shown, resting ONLY when needed. Have your campers do as many reps in the allotted time with each exercise:

- 1A) Star Jumps (1 minute)
- 1B) Star Shuffle (1 minute), rest 15 secs

### **Finisher # 9** **“Tension in the Glutes”**

Do the following circuit as many times as possible in 3 minutes, resting only as needed:

- 1A) Alternating Prisoner Lunge (5/side)
- 1B) Bodyweight Squat (10)
- 1C) 1-Leg Hip Extension (5/side)



## Bootcamp Bodyweight Density Finishers

### **Finisher # 10** **“The Absterminator”**

Do the following circuit ONE time, resting only when needed. Have your campers do as many reps of each exercise in the time allotted:

- 1A) Spiderman Climb (1 minute)
- 1B) Squat Thrusts (1 minute)
- 1C) X-Body Mountain Climber (1 minute)
- 1D) Side Plank w/Leg Raise (30 secs/side)

### **Finisher # 11** **“The Density Kong and Jack”**

Do the following superset as many times as possible in 3 minutes Rest only when needed:

- 1A) Kong (10)
- 1B) Seal Jacks (15)

### **Finisher # 12** **“Metabolic Density Madness”**

Do the following circuit as many times as possible in 5 minutes, resting only when needed:

- 1A) Prisoner Jump Squat (3)
- 1B) Triple Stop Pushups (5)
- 1C) Prisoner Narrow-Stance Squat (5)
- 1D) Burpees (3)
- 1E) Total Body Extension (5)

**Exercise Library**  
(Exercises are in order of appearance)

**Finishers 1-4**

**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, than do all reps for one leg and then switch.



**Superman Pushup**

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### **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.



#### **Prisoner Squat**

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



#### Walking Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### **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.



#### **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.





## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### **Reverse Lunge**

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



#### **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.



## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### 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.



#### Close-Grip 3/4<sup>th</sup> Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



#### 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





## Bootcamp Bodyweight Density Finishers

### Finishers 1-4

#### **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.**



#### **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.



## Finishers 5-8

### 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.



### Finishers 5-8

#### Off-set Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.



#### Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight





## Bootcamp Bodyweight Density Finishers

### Finishers 5-8

#### **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



#### **Bulgarian Split Squat**

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.



### Finishers 5-8

#### **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.



#### **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



## Bootcamp Bodyweight Density Finishers

### Finishers 5-8

#### 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.



#### Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.





## Bootcamp Bodyweight Density Finishers

### Finishers 5-8

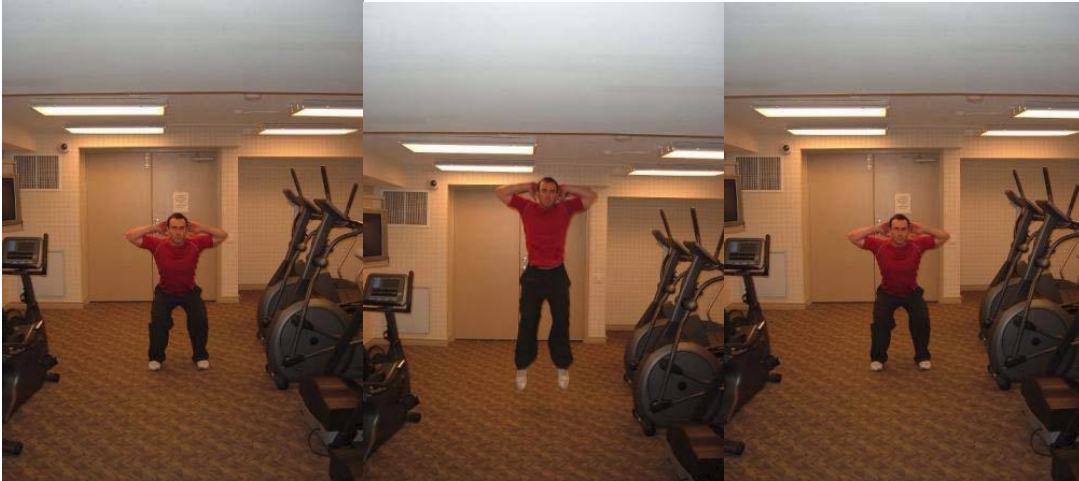
#### **Bodysaw**

- 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!



#### **Vertical Jump and Stick**

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



**Finishers 5-8**

**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)





### Finishers 5-8

#### Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45° angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



**Finishers 9-12**

**Alternating 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 and switch legs.



## Finishers 9-12

### **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.



### **Lying 1-Leg Hip Extension**

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



## Bootcamp Bodyweight Density Finishers

### Finishers 9-12

#### Spiderman Climb (see above)

#### Squat Thrusts (see above)

#### X-Body Mountain Climber (see above)

#### Side Plank Leg Raise

- 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.
- Raise your top leg up as high as you can.



#### 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.





## Finishers 9-12

### Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



### Prisoner Jump Squat (see above)

### Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



**Finishers 9-12**

**Narrow-Stance Prisoner Squat**

- Stand with your feet just inside shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



**Burpees (see above)**

**Total Body Extension (see above)**

## 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) - 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**