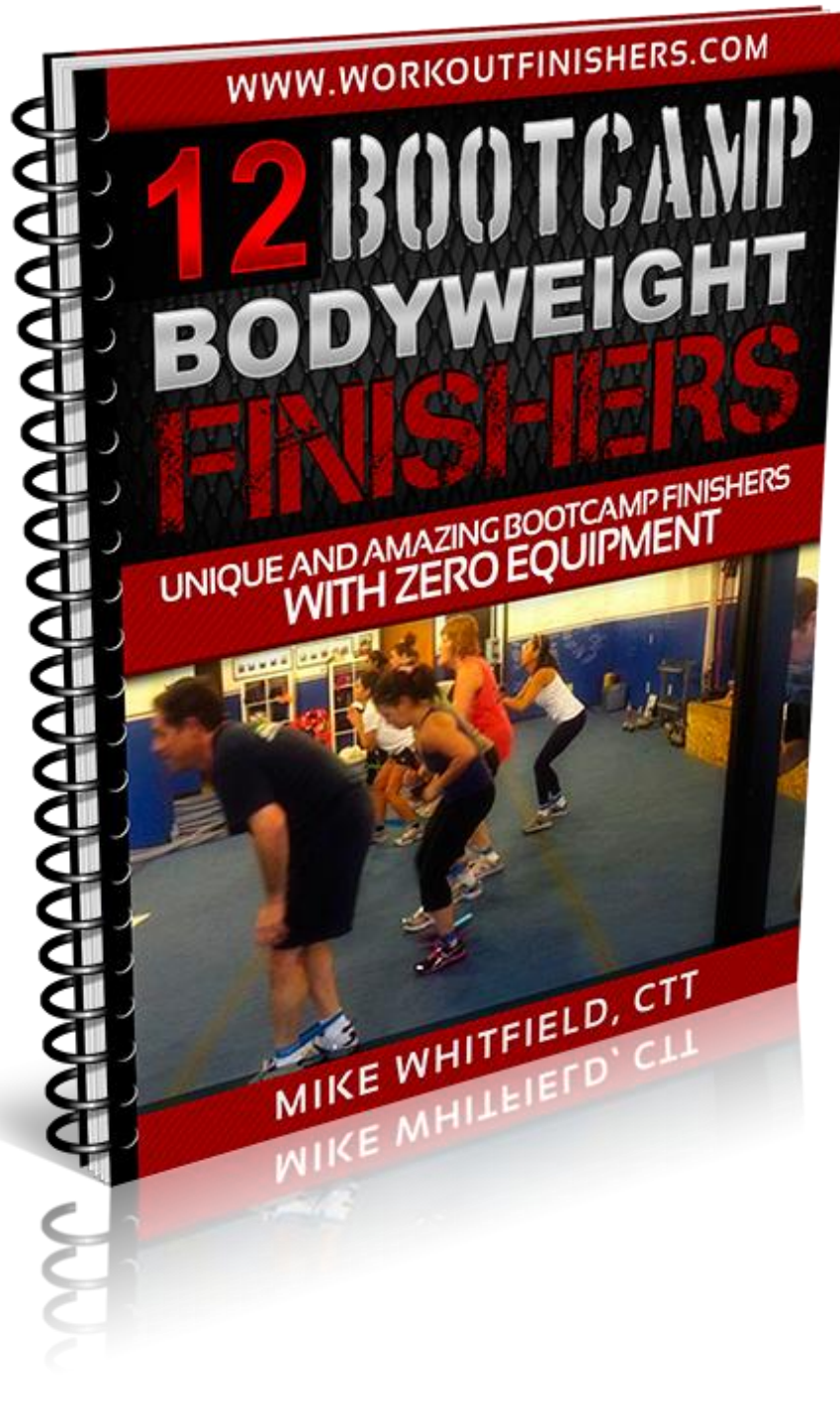


12 Bootcamp Bodyweight Finishers



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A message from Mike Whitfield, CTT



Mike Before



Mike After

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

The best part of a solid bootcamp workout is the finish... at least that's what it means to me.

This where you can get crazy and let your campers cut loose. Sure, sets of 2 sure does look easy on paper, but when you do as many rounds of 2 as possible in 3-5 minutes... yowza.

Not only that, but with this unique program, ZERO equipment is required for these crazy finishers.

That's right – that means your entire bootcamp can participate in the metabolic goodness at the same time.

So, plug any of these finishers at the end of your favorite bootcamp workouts for a nice big grand finale... and help get your campers in shape FAST.

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

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

www.facebook.com/WorkoutFinishers - Find me on Facebook

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. Or you can use an interval timer application on your smartphone.



12 Bootcamp Bodyweight 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. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- 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.

Things to Remember

A “superset” is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

1A) Body Squats (10)

1B) Push-ups (10)

Do the above superset 3 times with 30 secs of rest between supersets.

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A “circuit” is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following finisher:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

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

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

BONUS TIP

For any timed finishers, try to beat previous records each time you do that finisher.

For example, when performing a density finisher (a circuit or superset as many times as possible in a set timeframe), try to beat your previous reps.

12 Bootcamp Bodyweight Finishers

Finisher # 1 **“Bodyweight Deuce”**

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

- 1A) Burpees (2)
- 1B) Prisoner Narrow-Stance Squat (2)
- 1C) Close-Grip Pushups (2)
- 1D) Total Body Extension (2)

Finisher # 2 **“Lunges and Jacks”**

Do the following superset 4 times, resting for 20 seconds between supersets:

- 1A) Swing Lunge (20 secs/side)
- 1B) Jumping Jacks (30 secs)

Finisher # 3 **“Too Many Spiders”**

Do the following circuit one time:

- 1A) Burpee/Spiderman Pushup Combo (40 secs)
- 1B) Alternating Lunge (40 secs)
- 1C) Spiderman Pushup (40 secs)
- 1D) Jump Squats or Total Body Extension (40 secs)
- 1E) Spiderman Climb (40 secs)

12 Bootcamp Bodyweight Finishers

Finisher # 4 **“Thinking Laterally”**

Do the following circuit 3 times, resting for 30 seconds between circuits:

- 1A) Lateral Jumps (30 secs)
- 1B) Pushups (30 secs)
- 1C) Alternating Lateral Lunges (30 secs)

Finisher # 5 **“The Gritty Fifty”**

Do the following circuit one time:

- 1A) Double Burpee (50 secs), rest 10 secs
- 1B) Close-Grip 3/4th Rep Pushups (50 secs), rest 10 secs
- 1C) Bodyweight Squat (50 secs), rest 10 secs
- 1D) X-Body Mountain Climbers (50 secs), rest 10 secs
- 1E) Jumping Jacks (50 secs), rest 10 secs

Finisher # 6 **“Declined to Use the Saw”**

Do the following superset as many times as possible in 3 minutes, resting only when necessary:

- 1A) Decline Pushups (8)
- 1B) Bodysaw (5)

12 Bootcamp Bodyweight Finishers

Finisher # 7 **“Burpee Gauntlet”**

Do the following circuit one time:

- 1A) Burpee (30 secs)
- 1B) Alternating Prisoner Reverse Lunge (30 secs)
- 1C) Burpee (30 secs)
- 1D) Offset Pushups (15 secs/side)
- 1E) Burpee (30 secs)
- 1F) Side Plank (30 secs/side)
- 1G) Burpee (30 secs)
- 1H) Split Shuffle (30 secs)

Finisher # 8 **“Glute Fatigue”**

Do the following as shown 5 times

- 1A) Bodweight Squat (fast tempo) (20 secs), followed by a 10 second hold in the bottom of a squat position

Finisher # 9 **“Ab City Density”**

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

- 1A) Mountain Climbers (10/side)
- 1B) Side Plank w/Leg Raise (5/side)
- 1C) Squat Thrusts (5)

12 Bootcamp Bodyweight Finishers

Finisher # 10 **“The Jumpin’ 2-Part”**

Do the following superset 3 times, resting for 20 seconds between supersets. Then move onto the next circuit.

- 1A) Lunge Jumps or Split Shuffle (20 secs)
- 1B) Spiderman Climb Pushup (20 secs)

Do the following circuit once:

- 2A) Prisoner Jump Squat (30 secs)
- 2B) X-Body Mountain Climber (30 secs)
- 2C) Lateral Jumps (30 secs)

Finisher # 11 **“Split Decision”**

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

- 1A) Bodyweight Split Squat (5/side)
- 1B) Close-Grip Pushup (10)
- 1C) Split Shuffle (15/side)

Finisher # 12 **“The Bootcamp Countdown”**

Do the following circuit, resting only when needed. In the first circuit, you will perform 6 reps of each exercise. In the next circuit, you will perform 5 reps. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) T Pushups (6/side...1/side)
- 1B) Vertical Jump and Stick (6...1)
- 1C) Burpee/Spiderman Pushup Combo (6/side...1/side)

Exercise Library (Exercises are in order of appearance)

Finishers 1-4

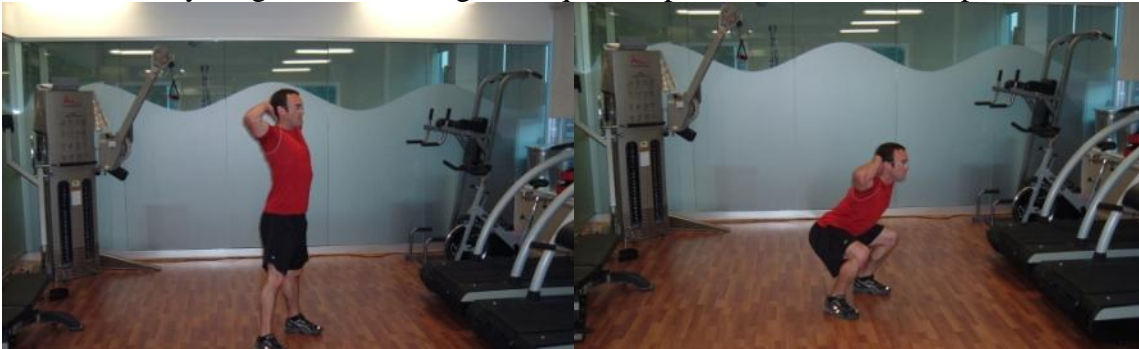
Burpee

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



Prisoner Narrow-Stance 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.



12 Bootcamp Bodyweight 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.



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.**



12 Bootcamp Bodyweight Finishers

Finishers 1-4

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



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



12 Bootcamp Bodyweight Finishers

Finishers 1-4

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



12 Bootcamp Bodyweight Finishers

Finishers 1-4

Alternating Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.
- Push with your right leg to return to the starting position.
- Switch legs and repeat for the other side.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



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.



Finishers 1-4

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.



Total Body Extensions (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.



12 Bootcamp Bodyweight Finishers

Finishers 1-4

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.



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.



12 Bootcamp Bodyweight Finishers

Finishers 1-4

Alternating Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.
- Switch legs and repeat.



12 Bootcamp Bodyweight Finishers

Finishers 5-8

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



Close-Grip 3/4th 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



12 Bootcamp Bodyweight Finishers

Finishers 5-8

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.



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.



Jumping Jacks – (see above)

12 Bootcamp Bodyweight Finishers

Finishers 5-8

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.



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!



Burpee – (see above)

Finishers 5-8

Alternating Prisoner Reverse Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backwards 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.



Burpee – (see above)

Offset 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.



12 Bootcamp Bodyweight Finishers

Finishers 5-8

Burpee – (see above)

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.



Burpee – (see above)

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



Bodyweight Squat – (see above)

12 Bootcamp Bodyweight Finishers

Finishers 9-12

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.



Side Plank with 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.



Finishers 9-12

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



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



Split Shuffle – (see above)

12 Bootcamp Bodyweight Finishers

Finishers 9-12

Spiderman Climb 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.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- 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 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.



Finishers 9-12

X-Body Mountain Climber – (see above)

Lateral Jumps – (see above)

Bodyweight Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Close-Grip Pushup – (see above)

Split Shuffle – (see above)

12 Bootcamp Bodyweight Finishers

Finishers 9-12

T-Pushup

- 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.



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.



Burpee/Spiderman Pushup Combo – (see above)

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 - Blog dedicated to metabolic workout finishers

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- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
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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

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“ He had a fresh approach to training”- Robin