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# **10 METABOLIC CIRCUIT CORE FINISHERS**



**Mike Whitfield, CTT**

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## **Welcome from Finisher Expert, Mike Whitfield, CTT**



**Mike Before**



**Mike After**

Who says you can't have an effective total body workout AND work your abs hard? You certainly can, with the right combination of the best ab exercises and metabolic circuits.

That's what you get with these Metabolic Circuit Core Finishers. I wrote these so you can have a longer and challenging finisher at the end of any workout, OR you can even use these as fast and efficient workouts.

Now you have no excuse for missing the gym (or your basement).

Inside this fat-burning program, you'll discover big, metabolic circuits to burn belly fat and get your heart pumping including the "Magic of Tres" circuit. Good times.

But brace yourself – these metabolic circuits focus on your core HEAVILY, so expect some ab soreness. Again – good times... good times indeed.

***May you never, EVER get bored with your workouts  
Mike Whitfield, CTT***

[www.trainwithfinishers.com](http://www.trainwithfinishers.com) - blog dedicated to the art of metabolic finishers and metabolic resistance training

[www.workoutfinishers.com](http://www.workoutfinishers.com) - Grab over 60 finishers to use with any workout

[www.facebook.com/WorkoutFinishers](https://www.facebook.com/WorkoutFinishers) - I'll see you 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 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. 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.



# The Finishers

## **Metabolic Circuit Core Finisher # 1** **“The Combos and Climbers”**

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

- 1A) Burpee Chin-up Combo (8), rest 10 secs
- 1B) Stability Ball Jackknife/Push-up Combo (12)
- 1C) KB/DB Swings (20)
- 1D) Plank to Tricep Extension (15)
- 1E) X-Body Mountain Climbers (8 ea)
- 1F) Mountain Climbers (15 ea)

## **Metabolic Circuit Core Finisher # 2** **“5 Ways to 6-Packs”**

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

- 1A) Bodyweight Bulgarian Squat (12 ea)
- 1B) Stability Ball Stir-the-Pot (8 ea)
- 1C) Inverted Row (10)
- 1D) Squat Thrusts (15)
- 1E) Spiderman Push-ups (10 ea)

### **Metabolic Circuit Core Finisher # 3**

#### **“Prisoners and Spiders and Rows Oh My”**

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

- 1A) Prisoner Squat Jumps (20)
- 1B) Side Plank w/ Lateral Raise (15 ea)
- 1C) DB Row (30 ea)
- 1D) Hanging Leg/Knee Raise (10)
- 1E) Decline Spiderman Push-ups (8 ea)
- 1F) Burpees (20)

### **Metabolic Circuit Core Finisher # 4**

#### **“4-Way the Core Way”**

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

- 1A) Explosive Push-ups (6)
- 1B) Goblet Squat (12)
- 1C) Stability Ball Superman Plank (20 secs)
- 1D) Spiderman Climb (8 ea)

### **Metabolic Circuit Core Finisher # 5**

#### **“Metabolic Core Timer”**

Do the following circuit 5 times, resting only when needed. Time yourself. The next time you perform this finisher, try to beat your previous record

- 1A) DB/KB Swings (10)
- 1B) Spiderman Push-ups (3 ea)
- 1C) Ab Pike (5)
- 1D) Inverted Row (5)
- 1E) Mountain Climbers (10 ea)

## **Metabolic Circuit Core Finisher # 6**

### **“Crazy Eights”**

Do the following circuit 3 times, resting for 1 minute between circuits. The last 2 exercises will really push you (ha – I’m hilarious)

- 1A) Goblet Bulgarian Squat (8 ea)
- 1B) Bird Dog (8 ea)
- 1C) Pushup Side Plank (8 secs on, 8 secs of rest – 5 times/side)
- 1D) Medicine Ball Push-up (8)
- 1E) Spiderman Climb Pushups (8 ea)

## **Metabolic Circuit Core Finisher # 7**

### **“3 Moves, 6 Abs”**

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

- 1A) Spiderman Pull-up (2 ea)
- 1B) DB Front Squat (20)
- 1C) Push-up/Mountain Climber Combo (2 Push-ups followed immediately by Mountain Climbers – 4 ea) (6 times)

## **Metabolic Circuit Core Finisher # 8**

### **“The Magic of Tres”**

Do the following circuit 6 times, resting for 20 secs between circuits

- 1A) Goblet Squat Jumps (3)
- 1B) Ab Pike (3)
- 1C) Chin-Up w/Knee-up (3)
- 1D) Eccentric Decline Push-ups (3) – Take 3 secs to go down, and about 1 sec to come up)



## **Metabolic Circuit Core Finisher # 9**

### **“Rep it Out”**

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

- 1A) DB Row (25 ea)
- 1B) Squat Thrusts (20)
- 1C) Reverse Bridge (30 secs)
- 1D) Prisoner Squat Jumps (20)
- 1E) Ab Wheel Rollout (20)
- 1F) Elevated Push-ups (20 ea)

## **Metabolic Circuit Core Finisher # 10**

### **“Deuce”**

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

- 1A) TD Bulgarian Squats (2 ea)
- 1B) Burpee Chin-up Combo (2)
- 1C) Explosive Push-ups (2)
- 1D) Plank (45 secs)
- 1E) Burpee/Pull-up Combo (2)

## Exercise Descriptions (in order of appearance)

### Finishers 1-5

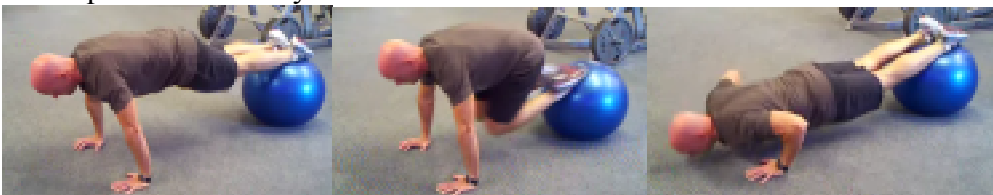
#### **Burpee/Chin-up Combo**

- 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. Do a push-up, then thrust your feet back in and then finish with a jump or standing up.
- Perform a chin-up by grabbing the chin-up bar with an underhand grip.
- Pull your chest up to the bar, trying to keep the momentum of your legs under control.
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



#### **Stability Ball Jackknife-Pushup Combo**

- Brace your abs. Put your hands on the floor 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.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



## Finishers 1-5

### **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.



### **Plank with Triceps Extension**

- 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.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



## Finishers 1-5

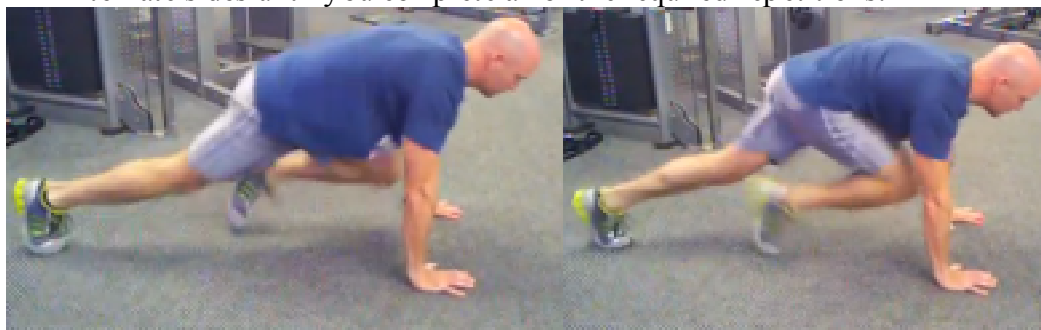
### X-Body Mountain Climber

- 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.



## Finishers 1-5

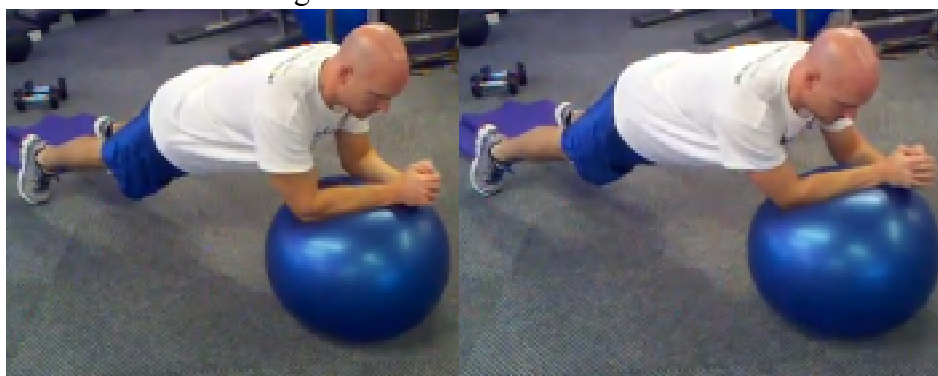
### **Bulgarian Split Squat**

- 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.



### **Stability Ball Stir-the-Pot**

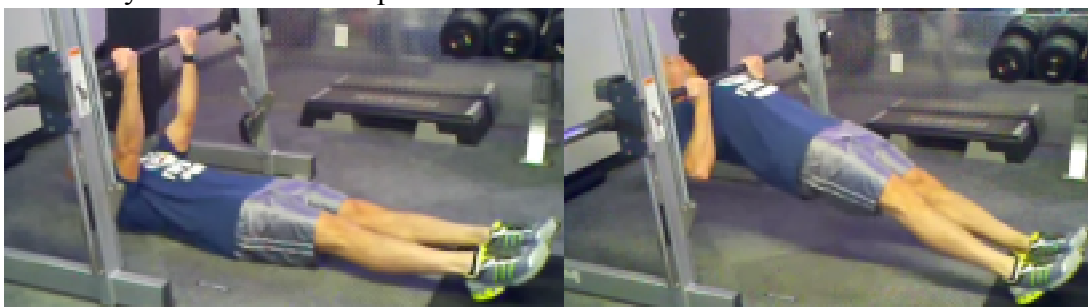
- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



## Finishers 1-5

### 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.



### Squat Thrusts

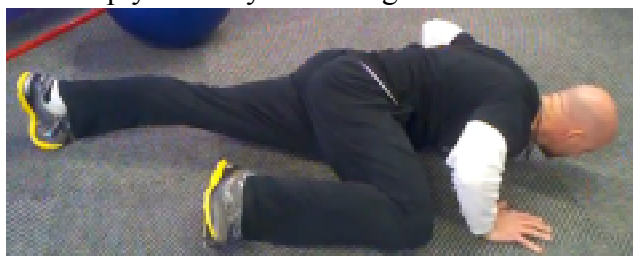
- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



## Finishers 1-5

### 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 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 1-5

### Side Plank with Lateral Raise

- Perform a side plank by balancing your body on one forearm and holding a dumbbell at your side with the other hand
- Maintaining a straight line, bring the dumbbell up until it is even with your shoulder
- Slowly return it to your side. That's one rep. Do all reps and switch sides.



### DB Row

- 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.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.





## Finishers 1-5

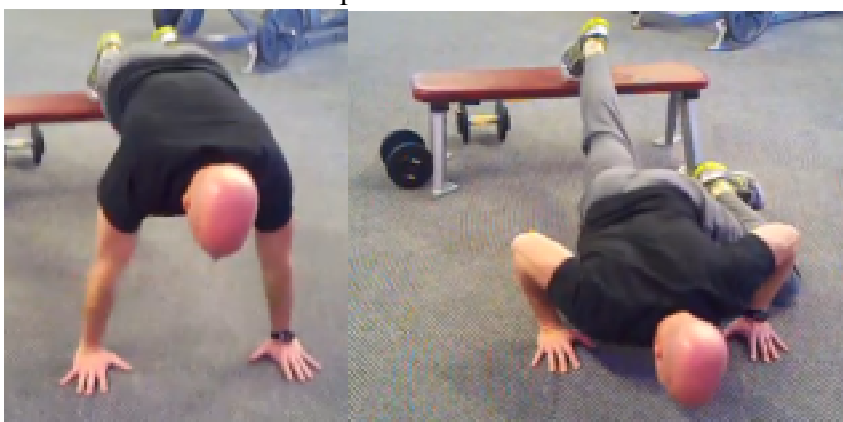
### Hanging Leg Raise

- Hang from a chin-up bar using an underhand grip or use a Captain's Chair. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.
- For an easier version, you can bend your knees doing this exercise



### Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



## Finishers 1-5

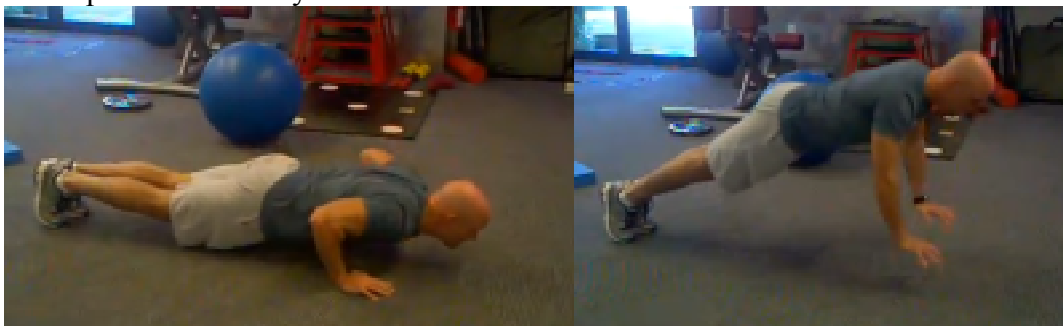
### Burpees

- 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.



### Explosive 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



## Finishers 1-5

### Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- 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.



## Finishers 1-5

### **Stability Ball Plank w/ Arms Extended**

- 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.



### **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.



## Finishers 1-5

### KB/DB Swings (see above)

### Spiderman Pushups (see above)

### Stability Ball Ab Pike

- 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.
- 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.



### Inverted Row (see above)

### Mountain Climbers (see above)

## Finishers 6-10

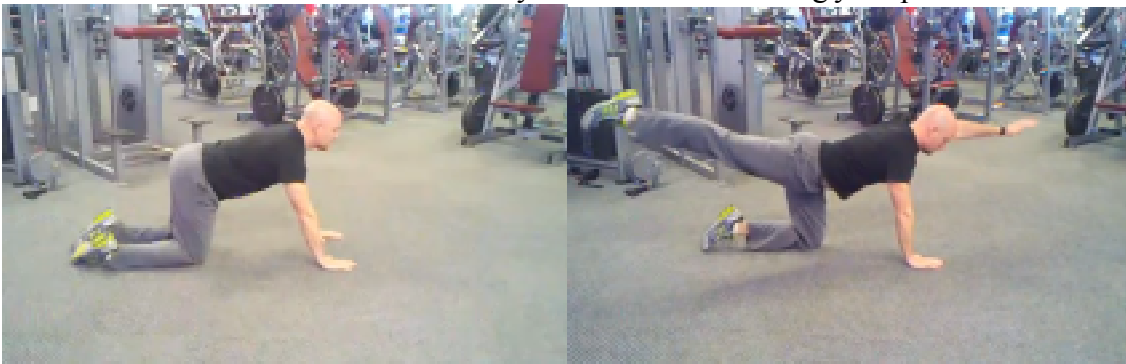
### **Goblet Bulgarian Split Squat**

- Stand with your feet shoulder-width apart. Hold a dumbbell directly in front of your chest.
- 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.
- **Correct photo coming soon**



### **Bird Dog**

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



## Finishers 6-10

### **Pushup Side Plank**

- Lie on a mat on your right side.
- Support your body weight 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.



### **Medicine Ball Pushup**

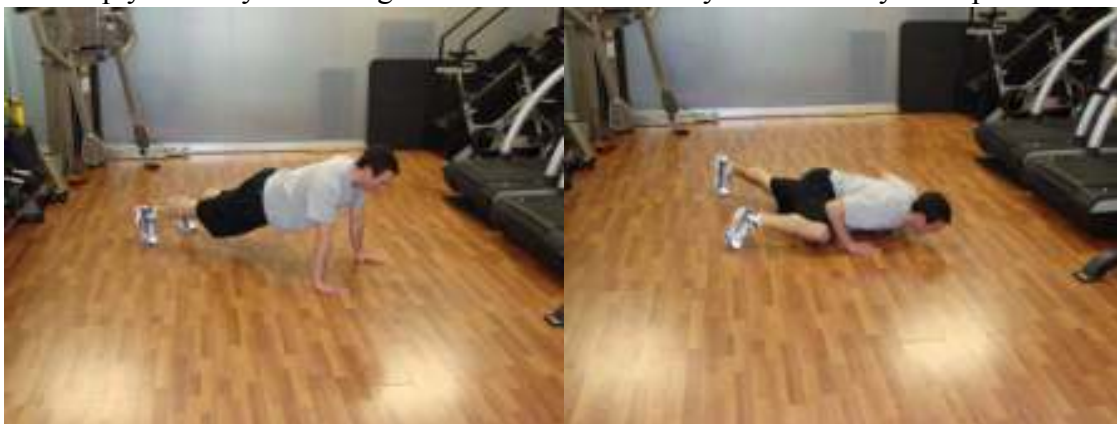
- Put your hands on a medicine ball and start in the pushup position with your arms extended.
- Lower yourself as you keep your abs braced and a straight line with your body
- Push through your chest, triceps and shoulders to the starting position
- Repeat as necessary.



## Finishers 6-10

### 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.



### Spiderman Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar as you bend one leg
- Return to the starting position and repeat with the other leg

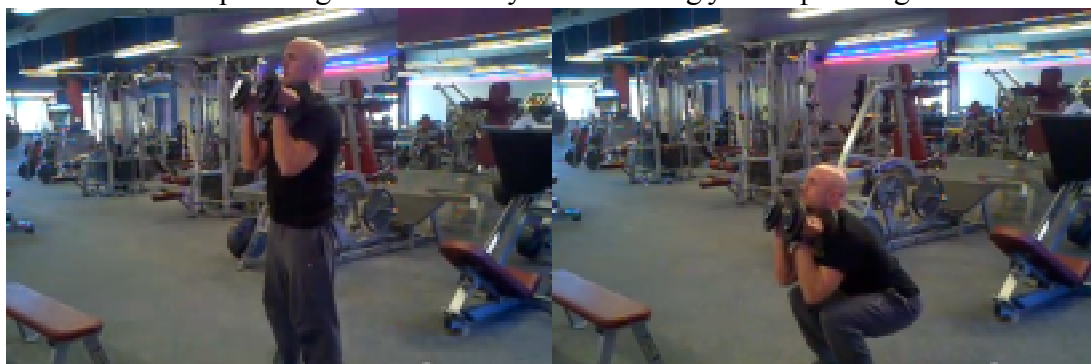




## Finishers 6-10

### **DB Front Squat**

- Hold two dumbbells in front of your shoulders, standing with your feet just outside shoulder width apart.
- Go down by bringing the hips back, maintaining a neutral arch in your back, until your thighs are about parallel to the ground
- Drive back up through the heels of your feet using your hips and glutes



### **Pushup/Mountain Climber Combo**

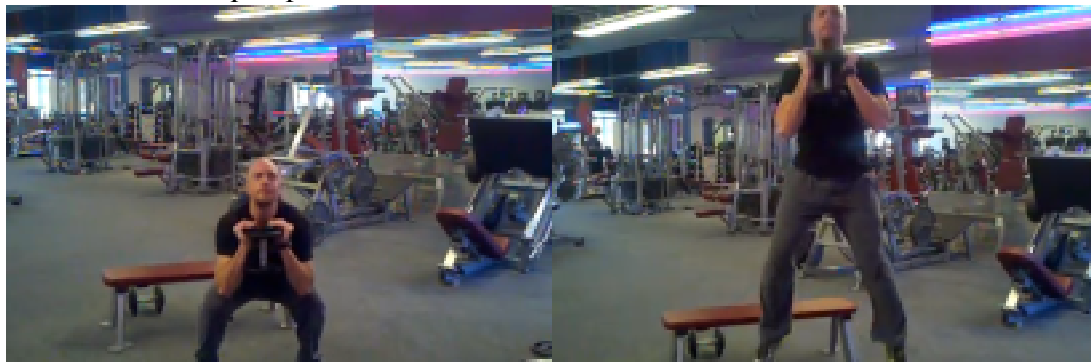
- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- After 2 reps of the pushup, perform mountain climbers (4 per side) by shuffling the feet back and forth – your left foot will come up as your right foot goes back.



## Finishers 6-10

### Goblet Jump Squat

- Hold a dumbbell at chest height, standing with your feet just outside shoulder width apart.
- Bringing your hips back and maintaining a neutral arch in your back, squat down until your thighs are parallel to the ground.
- Driving through the heels of your feet, jump up
- Land in the squat position



### Stability Ball Ab Pike (see above)

### Chin-up with Knee-up

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- At the same time, pull your knees up to your chest.
- Slowly lower yourself but do not let your body swing and do not use momentum.
- Let your knees drop slowly from your chest to their original position.
- Better photo coming soon



## Finishers 6-10

### **Eccentric 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.
- Take 3 seconds to lower yourself
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



### **DB Row (see above)**

### **Squat Thrust (see above)**

### **Reverse Bridge**

- Lie on your back. Bridge your hips up and prop yourself up onto your elbows.
- Keep your abs braced and hold that position.



## Finishers 6-10

### Prisoner Jump Squat (see above)

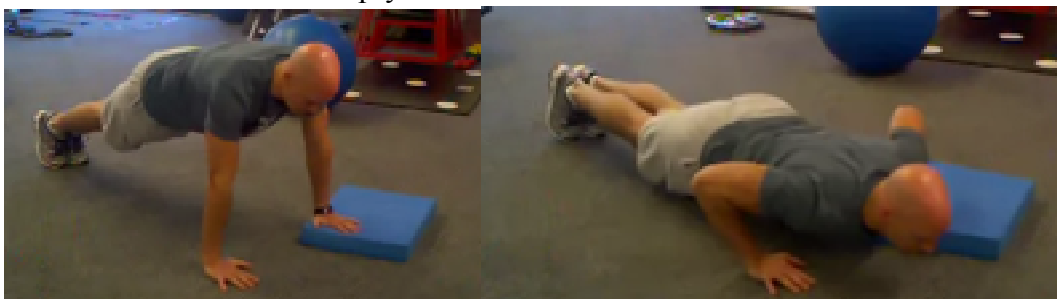
#### Ab Wheel Rollout

- 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.



#### Elevated Pushups

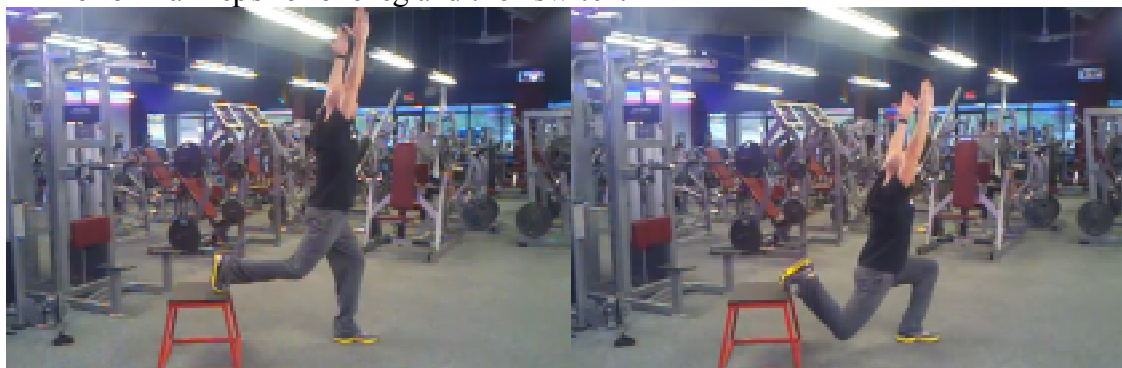
- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
- Slowly lower yourself down until you are 2 inches off the 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.



## Finishers 6-10

### **TD Bulgarian Squat**

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- 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.

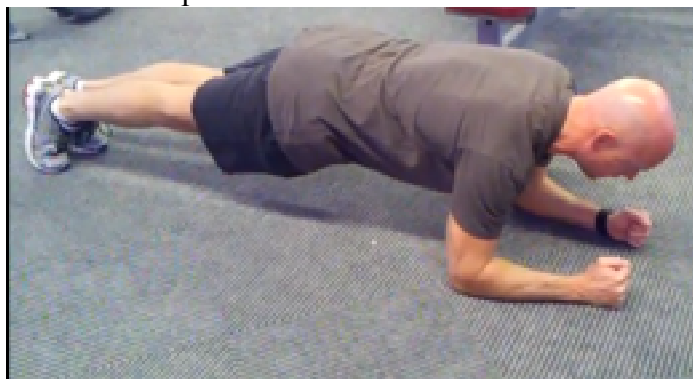


### **Burpee Chinup Combo (see above)**

### **Explosive Pushups (see above)**

### **Plank**

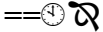
- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



## Finishers 6-10

### Burpee-Pullup 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. Do a push-up, then thrust your feet back in and then finish with a jump.
- Land your jump and then move over to the pull-up bar. Do NOT jump up to the bar.
- Grasp the bar with an overhand, wide grip. Pull your chest up to the bar.
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



## 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

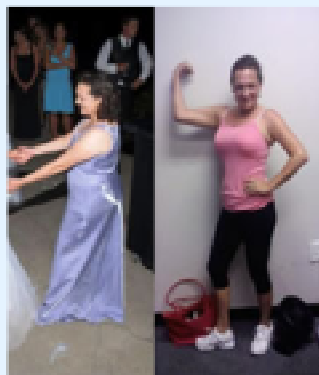
- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**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**