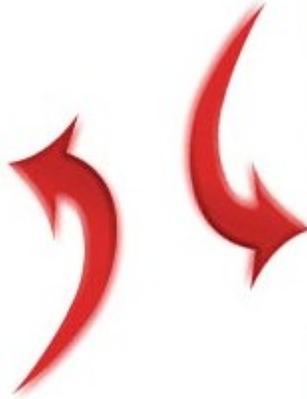


## Super Finishers

*A message from Mike Whitfield, CTT*



**Mike Before**



**Mike After**

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

The Batman Lunge? The Hulk Jump? The Captain Chop? Say it ain't so sir. Indeed it is my friend. This program's finishers are dedicated to the Superheros.

Inside this fat-torching finisher program, you'll discover these finishers and more – the Goblet's Lair, Batman Swings and Spiderman's Revenge. Good times.... No, SUPER times.

These unique finishers include my latest creations of exercises and finishers and will put a bang at the end of any of your workouts. They are ... super.

Ha. I'm freakin' hilarious.

You'll get a perfect blend of finishers including the Gauntlet style which my clients have fallen in love with, density finishers and more.

**Go "Super-size" your workouts,  
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.



## Super 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.**

## Super Finishers

### **Finisher # 1** **“Spiders and Hulks Oh My!”**

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

- 1A) Hulk Jump (3)
- 1B) Spiderman Pushups (5/side)
- 1C) Hulk Jump (3)
- 1D) Spiderman Climb (5/side)

### **Finisher # 2** **“The Super Crossover”**

Do the following circuit resting only when needed. Do as many circuits as possible in 3 minutes. If you're a villain, do as many as you can in 4 minutes. If you're a super hero, do as many as possible in 5 minutes.

- 1A) Crossover Step-up (4/side)
- 1B) Superman Pushup (4/side)
- 1C) Dumbbell or Bodyweight Chops (4/side)

### **Finisher # 3** **“The Goblet’s Lair”**

Do the following circuit one time, resting only when needed.

- 1A) Goblet Squat (20)
- 1B) Decline Pushups (15)
- 1C) Alternating Goblet Lateral Lunge (10/side)
- 1D) DB Piston Row (15/side)
- 1E) Alternating Goblet Reverse Lunge (10/side)
- 1F) Spiderman Pushup Plank (20 secs/side)

## Super Finishers

### **Finisher # 4** **“The Super Snatch”**

Do the following superset, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) KB Snatch or 1-Arm DB Swing (8/side, 7/side, etc. etc. down to 1/side)
- 1B) Superman Pushup (8/side, 7/side, etc., etc. down to 1/side)

### **Finisher # 5** **“Batman Swings”**

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

- 1A) Alternating Batman Lunge (10/side)
- 1B) Chinups or Inverted Row (5)
- 1C) KB/DB Swings (20)

### **Finisher # 6** **“Spiderman’s Revenge”**

Do the following circuit up to 5 times, resting for 20 seconds between circuits:

- 1A) Spiderman Pullup (2/side) or Inverted Row (4)
- 1B) Bodyweight Squat (5)
- 1C) Spiderman Pushups (2/side)
- 1D) Total Body Extension (5)
- 1E) Spiderman Climb (5/side)

## Super Finishers

### **Finisher # 7** **“Jump, Jack and Row”**

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) Lunge Jumps (6/side, 5/side, etc., etc. down to 1/side)
- 1B) Stability Ball Jackknife Pushup Combo (6, 5, etc., etc. down to 1)
- 1C) Renegade Row (6/side, 5/side, etc., etc. down to 1/side)

### **Finisher # 8** **“The Super Burpee Ab Countdown”**

Do the following circuit 4 times, resting for 20 seconds between circuits.

- 1A) Burpees (5)
- 1B) Stability Ball Stir-the-Pot (4/ea direction)
- 1C) Burpees (3)
- 1D) T Pushups (2/side)
- 1E) Burpees (1)

### **Finisher # 9** **“The Dark Knight Heart Thumper”**

Do the following superset twice, resting for 30 seconds between supersets:

- 1A) Batman Walking Lunges (10/side)
- 1B) Squat Thrusts (15)

## Super Finishers

### **Finisher # 10** **“The Hulk and King”**

Do the following circuit one time, resting when needed:

- 1A) Hulk Jump (10) or Low Box Jumps (20)
- 1B) Spiderman Pullups (5/side) or Overhand Grip Inverted Row (10)
- 1C) King Press (20/side)

### **Finisher # 11** **“Captain’s Gauntlet”**

Do the following circuit 4 times, resting for 20 seconds between circuits:

- 1A) Captain Chops (3/side)
- 1B) Renegade Pushups (10)
- 1C) Captain Chops (3/side)
- 1D) Single Arm Swings (10) (switch which side you use with each circuit)
- 1E) Captain Chops (3/side)

### **Finisher # 12** **“The Super Vault”**

Do the following superset, resting when needed, as many times as possible in 3 minutes.  
If you’re a villain, do it for 4 minutes. If you’re a super hero, do it for 5 minutes.

- 1A) Bench Vault (5/side)
- 1B) Decline Spiderman Pushups (5/side)

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

### Hulk Jump

- Stand on a bench or small platform
- Jump down onto the floor in a 3-point stance (2 feet and 1 hand touching the floor as if you're about to sprint).
- From that point, do a broad jump by jumping forward
- That's one rep. Return to the bench or step and continue as needed.



### Spiderman 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 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.



## Super Finishers

### Hulk Jump – (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.



### Crossover Step-up

- Stand next to a bench or platform
- Step up laterally, using the weight from the lead leg to step up
- Cross over the bench or platform by keeping the lead leg on the bench while bringing the rear leg behind and over
- Switch feet and repeat



## Super Finishers

### **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.



### **Dumbbell Chops**

- Grab a dumbbell, medicine ball or a cable handle
- Start by holding the dumbbell above your head and to the left.
- In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
- Return to the starting position



## Super Finishers

### **Bodyweight Chops**

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



### **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.



## Super Finishers

### 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.



### Alternating Goblet Lateral Lunge

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- 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 and switch sides.



## Super Finishers

### **DB Piston Row**

- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you've done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



### **Alternating Goblet Reverse Lunge**

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings.
- Alternate sides.



## Super Finishers

### **Spiderman Pushup Plank**

- 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.
- Hold this position as prescribed.
- 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.



## Super Finishers

### **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.



## Super Finishers

### 1-Arm DB Swings

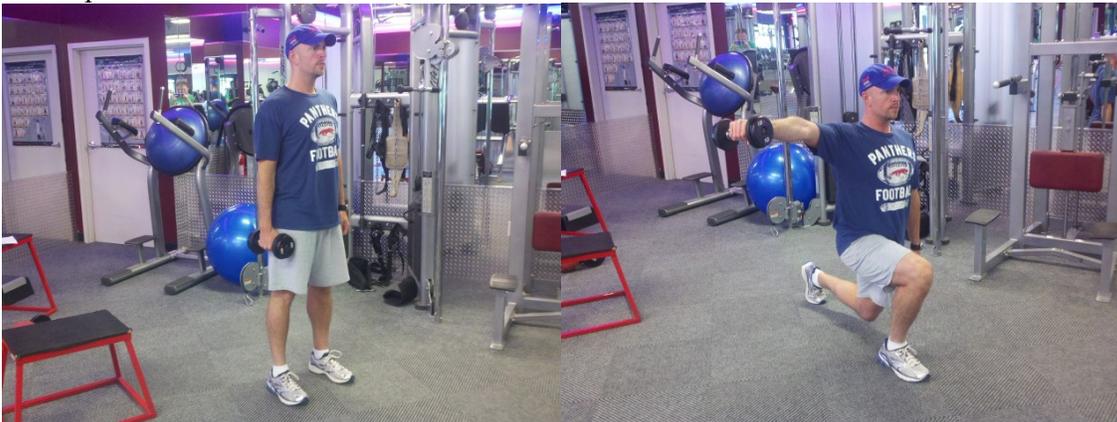
- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



### Superman Pushup – (see above)

### Alternating Batman Lunge

- Stand with your feet shoulder width apart and holding dumbbells (or you can use one and switch hands with every rep).
- Lunge forward with one leg by taking a larger than normal step, but keeping your upper body straight.
- At the end of the lunge position, as your front leg is bent, perform a lateral raise with the same side that you stepped forward with by raising the dumbbell up to shoulder height and extending your arm.
- Return the dumbbell back to your side.
- Pushing through the front foot's heel, return to the starting position.
- Repeat for the other side.



## Super Finishers

### Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



### 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.



## Super Finishers

### **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.



### **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



### **Inverted Row – (see above)**

## Super Finishers

### Bodyweight Squat

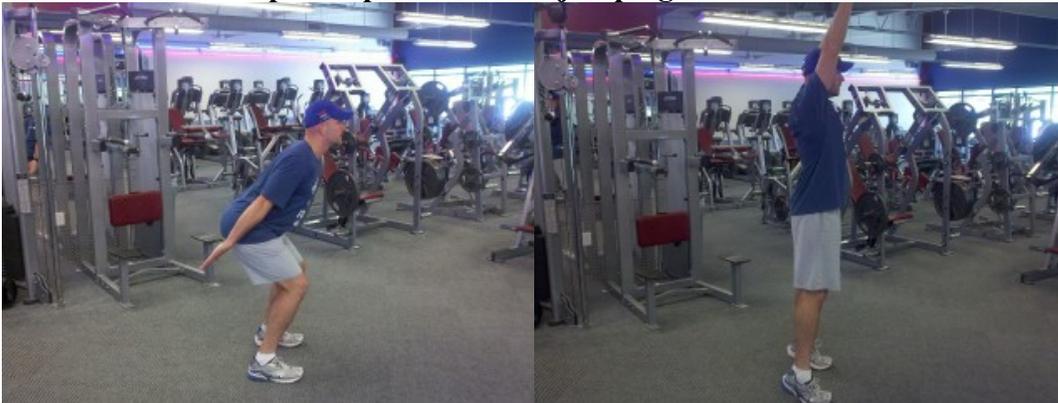
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### Spiderman Pushups – (see above)

### 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.**



## Super Finishers

### Spiderman Climb – (see above)

#### Lunge Jump

- 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



#### 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



## Super Finishers

### Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



### 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.



## Super Finishers

### **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.



### **Burpees – (see above)**

#### **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.



## Super Finishers

### Burpees – (see above)

### Batman Walking Lunges

- Stand with your feet shoulder width apart and holding dumbbells (or you can use one and switch hands with every rep).
- Lunge forward with one leg by taking a larger than normal step, but keeping your upper body straight.
- At the end of the lunge position, as your front leg is bent, perform a lateral raise with the same side that you stepped forward with by raising the dumbbell up to shoulder height and extending your arm
- Return the dumbbell back to your side
- Pushing through the front foot's heel, step forward and repeat for the other side.
- Continue until all reps are complete for both sides.



### 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



## Super Finishers

### Hulk Jump – (see above)

### Low Box/Bench Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



### Spiderman Pullups (see above)

### Overhand Grip Inverted Row (see above – but use a wider overhand grip)

### King Press

- Holding a dumbbell in front of you at shoulder height, put your rear foot on a bench or platform, keeping your upper body straight.
- Take a big step forward with the lead leg.
- Perform a Bulgarian Squat by lowering your body (keep your upper body upright)
- When you return to the starting position, perform a shoulder press by pressing the dumbbell above your head



## Super Finishers

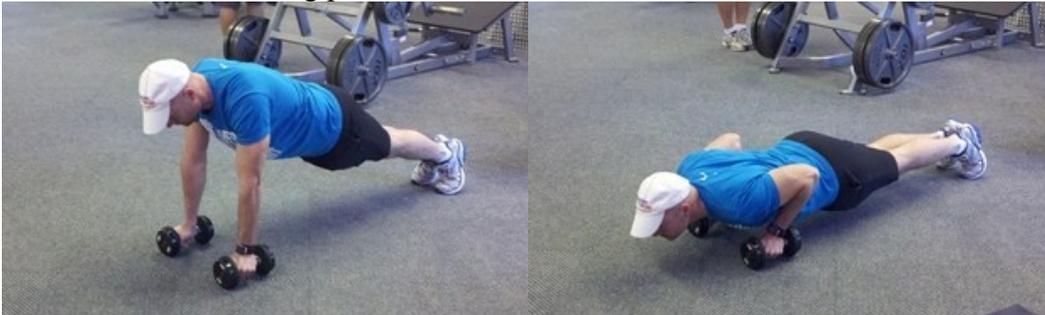
### **Captain Chops**

- Stand with your feet shoulder-width apart, holding a dumbbell above your head and to the side.
- Lunge forward by taking a larger than normal step, keeping your upper body straight and keeping your front heel firmly planted
- As you lunge forward, bring the dumbbell down to your side in a chopping motion, going towards the same side as you are lunging.
- Alternate sides and repeat until all reps are complete for both sides.



### **Renegade Pushups**

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



## Super Finishers

Captain Chops – (see above)

Single Arm Swings – (see above)

Captain Chops – (see above)

### Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



### 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.



## 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**