

Xtreme Fat Loss Finishers

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

# **XTREME FAT LOSS FINISHERS**

**Mike Whitfield, CTT**

## Xtreme Fat Loss Finishers

### *A message from Mike Whitfield, CTT*

In 7<sup>th</sup> grade, I had an Awesomeness Exam and one of the questions was, “How do you make an extreme fat loss diet and workout program that is already awesome, into something awesomer?”

I answered with “create xtreme fat loss finishers for xtreme fat loss results”. I was given an A+ on the exam and totally skipped 8<sup>th</sup> through 11<sup>th</sup> grade.

That’s right, I was 14 and was graduating high school.

Ha-ha, I’m kidding. But you already knew that. And you already know that using finishers with workouts can smoke off extra fat, too.

That’s why I designed Xtreme Fat Loss Finishers. These finishers are designed to go with Joel and Roman’s Xtreme Fat Loss Diet and program. Use these finishers as shown in this manual and you’ll be ripped in just 25 days.

Consider this awesome sauce for the Xtreme Fat Loss Diet program.

**Finish the program strong,  
Mike Whitfield (Mikey), CTT**

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

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

[www.AbFinishers.com](http://www.AbFinishers.com) - 33 of the most cutting-edge finishers combined with amazing ab-sculpting exercises to get six-pack abs

**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.



## Xtreme Fat Loss 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!

## Xtreme Fat Loss Finishers

### **Day 1 – Cheat Day**

Complete the following finisher after your workout

#### **The “High Five” Finisher**

Do the following circuit as many times as possible in 5 minutes. Record your TOTAL number or reps (including all exercises) and try to beat that the next time you complete this finisher.

- 1A) Burpee/Chin-up Combo (5)
- 1B) Spiderman Pushups (5/side)
- 1C) Prisoner Squats (5)
- 1D) Mountain Climbers (5/side)

### **Day 2 – Fast Day**

Complete the following finisher after your workout

#### **The “Xtreme Heart Thumper” Finisher**

Do the following circuit one time

- 1A) Lunge Jumps (20/side)
- 1B) Decline Pushups (25)
- 1C) Total Body Extension (20)
- 1D) Jumping Jacks (60)

### **Day 3 – Shake Day**

Complete the following finisher after your workout

#### **The “Super 6 Xtreme” Finisher**

Do the following superset 3 times, resting for 30 seconds between supersets

- 1A) Burpee/Spiderman Pushup Combo (6)
- 1B) Swing Lunge (6/side)

## Xtreme Fat Loss Finishers

### **Day 4 – Moderate Carbohydrate Day**

Complete the following finisher after your workout

#### **“The One-Armed Bulgarian Spider”**

Do the following circuit twice, resting for 20 seconds between circuits

- 1A) Alternating 1-Arm Pushups (12/side)
- 1B) Bulgarian Squat Jumps (15/side)
- 1C) Spiderman Climb (15/side)

### **Day 5 – Protein Depletion Day**

Complete the following finisher after your workout

#### **The “Deplete Me” Finisher**

Do the following circuit one time. Record your reps for each exercise and try to beat that the next time you perform this finisher

- 1A) Burpees (AMAP in 60 secs), rest 20 secs
- 1B) Pushups (AMAP in 60 secs), rest 20 secs
- 1C) Inverted Row (AMAP in 60 secs), rest 20 secs
- 1D) Jumping Jacks (AMAP in 60 secs)

### **Day 6 – Cheat Day**

Complete the following finisher after your workout

#### **The “Gobble and Swing” Finisher**

Do the following superset as many times as possible in 5 minutes. Record your total number of reps and try to beat your TOTAL number of reps including all exercises the next time you perform this finisher

- 1A) Goblet Squat (15)
- 1B) DB/KB Swings (20)

## Xtreme Fat Loss Finishers

### **Day 7 – Fast Day**

Complete the following finisher after your workout

#### **The “Hard-Core” Ab Finisher**

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

- 1A) Renegade Row (8/side)
- 1B) Alternating Prisoner Lunge (8/side)
- 1C) Ab Wheel Rollout (10)
- 1D) Chops (10/side)

### **Day 8 – Shake Day**

Complete the following finisher after your workout

#### **The “Xtreme Tres” Finisher**

Complete the following superset 8 times, resting for 10 seconds between supersets

- 1A) Burpees (3)
- 1B) Prisoner Squat (3)

### **Day 9 – Moderate Carbohydrate Day**

#### **The “Max Singles” Finisher**

Do the following circuit 3 times, resting for 30 seconds between circuits. For the DB Single Arm Squat and Press – use a weight that you could lift for 20 reps.

- 1A) Single Leg Burpees (8/side)
- 1B) \*Single Arm Squat and Press (15/side)
- 1B) Single Arm KB/DB Swings (15/side)

\* Do this exercise at a fast tempo, but under control

Xtreme Fat Loss Finishers

**Day 10 – Protein Depletion Day**

**The “Wiped” Finisher**

Do the following superset twice

1A) Lunge Jumps (AMAP in 30 secs), rest 10 secs

1B) Burpee Pull-up Combo (AMAP in 60 secs), rest 10 secs

**Day 11 – Repeat Finisher from Day 1**

**Day 12 – Repeat Finisher from Day 2**

**Day 13 – Repeat Finisher from Day 3**

**Day 14 – Repeat Finisher from Day 4**

**Day 15 – Repeat Finisher from Day 5**

**Day 16 – Repeat Finisher from Day 6**

**Day 17 – Repeat Finisher from Day 7**

**Day 18 – Repeat Finisher from Day 8**

**Day 19 – Repeat Finisher from Day 9**

**Day 20 – Repeat Finisher from Day 10**

**Day 21 – Repeat Finisher from Day 1**

**Day 22 – Repeat Finisher from Day 2**

**Day 23 – Repeat Finisher from Day 3**

**Day 24 – Repeat Finisher from Day 4**

**Day 25 – Repeat Finisher from Day 5**

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

### Burpee/Chin-up Combo

1. Stand with your feet shoulder-width apart.
2. 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.
3. As you jump, grab the chin-up bar with an underhand grip.
4. Pull your chest up to the bar, trying to keep the momentum of your legs under control (your legs will go a little in front of you)
5. Slowly lower to the bottom position. That is one rep.
6. Move immediately back to the burpee exercise and continue.



### Spiderman Push-up

1. Keep the abs braced and body in a straight line from toes (knees) to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Slowly lower yourself down until you are 2 inches off the ground.
4. As you lower yourself, slowly bring your right knee up to your right elbow.
5. Keep your foot off the ground as you do so.
6. 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.
7. Keep your body in a straight line at all times and try not to twist your hips.



## Xtreme Fat Loss Finishers

### **Prisoner Squat**

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. 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.
4. Squat as deep as possible, but keep your low back tensed in a neutral position.
5. Do not round your lower back.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position.



### **Mountain Climbers**

1. Brace your abs. Start in the top of the push-up position.
2. 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.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.



## Xtreme Fat Loss Finishers

### Lunge Jump

1. 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.
2. 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.
3. Alternate sides without resting between sides



### Decline Pushup

1. Keep the abs braced and body in a straight line from toes (knees) to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Elevate your feet onto stairs or a bench.
4. Push through your chest, shoulders and triceps to return to the start position.
5. Keep your body in a straight line at all times.



## Xtreme Fat Loss Finishers

### **Total Body Extension**

1. Start in the standing position as if you were going to do a bodyweight squat.
2. Dip down quickly into a quarter squat and swing your arms behind you by your sides.
3. Explode up and extend your body onto your toes, raising your arms overhead.
4. Control the descent back and in one movement return to the dip before exploding back up again.
5. **This is a non-impact replacement for jumping.**



### **Jumping Jacks**

1. Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
2. Jump your feet out to your sides and raise your hands overhead at the same time.
3. Return to the starting position

**Photo to come**

## Xtreme Fat Loss Finishers

### **Burpee/Spiderman Pushup Combo**

1. Stand with your feet shoulder width apart.
2. Squat down on your feet and hands
3. Kick your feet out to form a pushup position
4. 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).
5. Kick your feet back in and stand or jump back up



## Xtreme Fat Loss Finishers

### Swing Lunge

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



### Alternating 1-Arm Pushups

1. Put one hand on a medicine ball or small block and form a pushup position, keeping your abs embraced
2. Keeping one hand on the ball, perform a pushup, maintaining a straight line with your body
3. After returning to the starting position, switch hand positions and repeat.



## Xtreme Fat Loss Finishers

### **Bulgarian Jump Squats**

1. Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
2. Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
3. Contract your glutes, brace your abs and keep your spine in a neutral position.
4. Lower your body until your front thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
7. Land in the bottom of a Bulgarian squat and repeat
8. Perform all reps for one leg and then switch.



### **Spiderman Climb**

1. Brace your abs. Start in the top of the pushup position.
2. 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.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.



## Xtreme Fat Loss Finishers

### **Burpees**

1. Stand with your feet shoulder-width apart.
2. 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.
3. You can add a vertical jump at the end as well.



### **Push-up**

1. Keep the abs braced and body in a straight line from toes/knees to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Slowly lower yourself down until you are an inch off the ground.
4. Push through your chest, shoulders and triceps to return to the start position.
5. Keep your body in a straight line at all times.



## Xtreme Fat Loss Finishers

### **Inverted Row**

1. Set a bar at hip height in the smith machine or squat rack.
2. 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.
3. Keep the abs braced and body in a straight line from toes (knees) to shoulders.
4. Slowly return to the start position.



### **Jumping Jacks (see above)**

### **Goblet Squat**

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



## Xtreme Fat Loss Finishers

### **KB/DB Swings**

1. 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.
2. Push your hips back and swing the Kettlebell or dumbbell between your legs.
3. Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



### **Renegade Row**

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



## Xtreme Fat Loss Finishers

### **Alternating Prisoner Lunge**

1. Stand with your feet shoulder-width apart and hands clasped behind your head.
2. Step forward with one leg, taking a slightly larger than normal step.
3. Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
4. Lower your body until your front thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Push back to the start position.



### **Ab Wheel Rollout**

1. Kneel on a mat with your hands on the ab wheel.
2. Keep your body in a straight line, brace your abs, and keep your low back tensed.
3. Slowly roll out as far as is comfortable.
4. Keep your abs braced, and contract them maximally to come back up to the start.



## Xtreme Fat Loss Finishers

### **Chops**

1. Grab a dumbbell, medicine ball or a cable handle (you can do this with bodyweight, too).
2. Start by holding the dumbbell above your head and to the left.
3. In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
4. Return to the starting position



**Burpees (see above)**

**Prisoner Squat (see above)**

## Xtreme Fat Loss Finishers

### Single Leg Burpees

1. Stand with your feet shoulder-width apart.
2. Drop down onto your hands and feet, but leaving one foot off the ground.
3. 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.
4. You can add a vertical jump at the end as well.



## Xtreme Fat Loss Finishers

### **1-Arm DB Squat & Press**

1. Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
2. Squat to at least parallel, maintaining an upright torso.
3. Return to the standing position while simultaneously pressing the weight overhead.
4. Do all reps on one side then switch.

### **5. Better photo to come**



### **1-Arm KB or DB Swing**

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



**Lunge Jumps (see above)**

**Burpee-Pullup Combo**

1. Stand with your feet shoulder-width apart.
2. 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.
3. Jump and grasp the bar with an overhand, wide grip and try to keep your legs from swinging (they will swing a little from the momentum)
4. Pull your chest up to the bar.
5. Lower to the bottom position. That is one rep.
6. 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.AbFinishers.com](http://www.AbFinishers.com) - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

[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**