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EXTREME FAT LOSS FINISHERS



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WELCOME TO THE EDGE OF
INSANITY FOR EXTREME RESULTS!

MIKE WHITFIELD

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

In May of 2012, we had the first ever “Extreme Fat Loss Finishers” and the feedback was amazing. In fact, people had been asking me about how to get a hold of them because they were put in the “Finishers Vault”.

They’ve been unleashed from the vault, but with a vengeance. They got even BETTER in this brand NEW 2.0 version.

But let me warn you – these finishers are INTENSE. They are called, “Extreme” for a reason. So when you need to lose fat in a hurry, add these grand finales to the end of your workout or use them on your off days to put your fat loss on the highest gear.

Boom goes the extreme dynamite.

**Have “fun” getting extreme,
Mike Whitfield (Mikey), CTT**

www.WorkoutFinishers.com - Never get bored with these addicting finishers

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.



Things to Remember

- Use these finishers at the **END** of your favorite workout or as off-day conditioning workouts to shed more fat or improve your overall conditioning. They are also great travel workouts as well when you don't have much time.
- You can use these short burst workouts during the day as well, as long as it doesn't interfere with your recovery
- 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.

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:

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

Body Squats (10)

Push-ups (10)

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:

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

Body Squats (10)

Push-ups (10)

Inverted Row (8)

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!

There are exceptions (density circuits for example)

Finisher # 1 – Extreme Conditioner 10 X 4

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

Jump Squats (10)

Burpee/Chin-up Combo or Burpee/Spiderman Pushup Combo (10)

Shuttle Sprint (back and forth 10X)

Spiderman Climb (10/side)

Finisher # 2 – Ab-noxious Extremes

Do the following circuit resting only when needed. In the first circuit, you'll perform 8 reps of each exercise with the first 3 exercises. In the next circuit, you'll perform 7 reps. Continue in this fashion until you complete 1 rep each of the first 3 exercises. In every circuit, you'll do 40 reps of Jumping Jacks.

Squat Thrust (8...1)

Stability Ball Stir-the-Pot (8/side...1/side) or X-Body Mountain Climber (8/side...1/side)

Bodysaw (8...1)

Jumping Jacks (40 with every circuit)

Finisher # 3 – Unlucky 7's Extreme

Do the following circuit as many times as possible in 7 minutes, resting only when needed.

Lunge Jumps (7/side)

Triple Stop Pushup (7)

Sumo Squat (7)

Medicine Ball Slams (7) or Bodyweight Chops (7/side)

Finisher # 4 – Switching on the Gauntlet

Do the following circuit 3 times, resting for 20 seconds between circuits.

Switch Lunge (8/side)
Decline Pushup (2 reps short of failure)
Switch Lunge (8/side)
Mountain Climbers (15/side)

Finisher # 5 – The Extreme Deuce

Do the following superset resting only when needed. In the first superset, you'll perform 12 reps of each exercise. In the superset, you'll perform 11 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

Bulgarian Jump Squat (10/side...1/side)
Mountain Climber Sprint to Start (10...1)

Finisher # 6 – The Metabolic Sprint

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

Sprinter Step-ups (20)
Alternating Reverse Prisoner Lunge (20/side)
Spiderman Climb Pushup (10/side)
Sprinter Step-ups (20)
Total Body Extension (40)
Skater Hops (20/side)
Close-Grip Pushups (40)
Narrow Stance Squats (40)
Sprinter Step-ups (20)

Finisher # 7 – The Superhero 6

Do the following circuit as many times as possible in 6 minutes, resting only when needed.

Hulk Jump (6)
Captain Chops (6/side)
Superman Pushups (aka 1-Arm Extended Pushups) (6/side)
Total Body Extension (16)

Finisher # 8 – 20-10 Extremes

Do the following circuit as shown. You'll perform an exercise for 20 seconds followed by 10 seconds of rest for 4 rounds before proceeding to the next exercise.

Burpees (20 secs), rest 10 secs – 4 rounds
Decline Close-Grip Pushups (20 secs), rest 10 secs – 4 rounds
Narrow-Stance Bodyweight Squats (fast tempo) (20 secs), rest 10 secs – 4 rounds
Mountain Climbers (20 secs), rest 10 secs – 4 rounds
Total Body Extensions (20 secs), rest 10 secs – 4 rounds

Finisher # 9 Extreme Crawl'

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

Bodyweight Death Crawl (40 secs)
Jump Rope or Jumping Jacks (30 secs)
Bear Crawl (40 secs)
Skater Hops (30 secs)
Bodyweight Death Crawl (40 secs)

Finisher # 10 – 100 Holla' Kills

Do the following circuit ONCE, resting only when needed.

Bulgarian Jump Squats (20/side)
Divebomber Pushups (20)
Bodyweight Squat (20)
Burpee/X-Body Mountain Climber Combo (20)

Finisher # 11 – Split the 8's

Do the following superset 4 times, resting for 10 seconds after each superset. Once you complete the 4th superset, move into the next superset and repeat for that superset as well.

1A) T Pushup (8/side)
1B) Lateral Jumps (8/side)
4X with 10 secs of rest

2A) Prisoner Switch Lunge (8/side)
2B) X-Body Mountain Climber w/ Feet Elevated (8/side)
4X with 10 secs of rest

Finisher # 12 – Extreme Ladder

Do the following circuit resting only when needed. In the first circuit, you'll perform 10 reps of each exercise. In the next circuit, you'll perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

Lunge Jumps (10/side...1/side)
Elevated Pushups (10/side...1/side)
Shuttle Sprint (back and forth 10x... 1x)

Exercise Library
(Exercises are in order of appearance)

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

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.



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.



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



Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Finishers 1-4

Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



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 1-4

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.



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.



Finishers 1-4

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!



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



Finishers 1-4

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



Triple Stop Pushup

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



Finishers 1-4

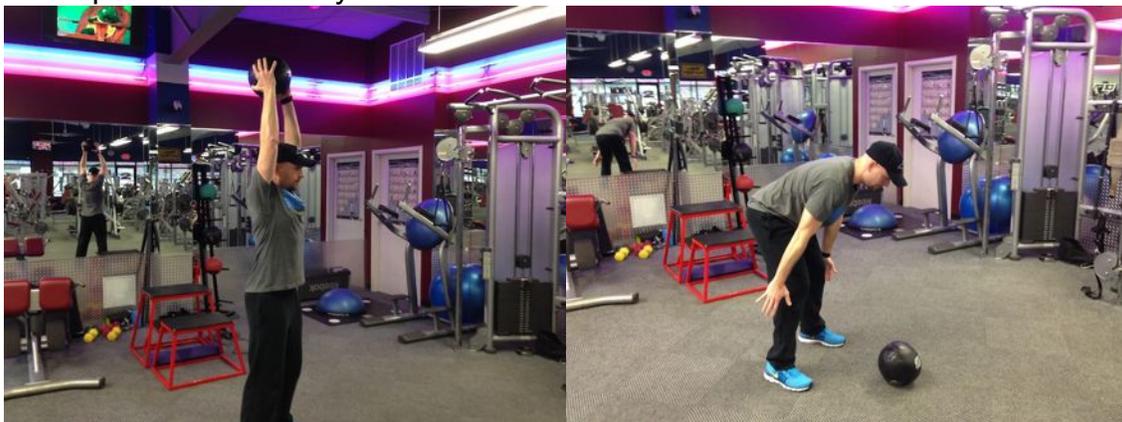
Sumo Squat

- Stand with your feet wide and your toes slightly angled out.
- Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.
- Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.



Medicine Ball Slam

- Grab a medicine ball and hold it over your head
- Keeping your abs braced, slam the ball on the ground, keeping a slight bend in your knees and your arms straight
- Repeat as necessary.



Finishers 1-4

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.



Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep; repeat for all reps and then switch legs



Finishers 1-4

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.



Switch Lunge – (see above)

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 5-8

Bulgarian Jump Squats

- 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.
- Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
- Land in the bottom of a Bulgarian squat and repeat
- Perform all reps for one leg and then switch.



Mountain Climber Sprint to Start

- Start in pushup position
- Do one mountain climber, and with knee at chest,
- Come out of that position and do 2-3 strides,
- Then go down to mountain climber, do one rep,
- Go back across from where you came from (if doing in small area)



Finishers 5-8

Sprinter Step-ups

- Set up a low box or step directly in front of you
- Step up on the step and back down as fast as you can, but with control
- Repeat as necessary



Alternating Reverse Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backward 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.
- Pull back to the start position with the front leg.



Finishers 5-8

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.



Sprinter Step-ups – (see above)

Finishers 5-8

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.**



Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



Finishers 5-8

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.



Narrow-Stance Squat

- Stand with your feet **NARROWER** than hip-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.



Sprinter Step-Ups – (see above)

Finishers 5-8

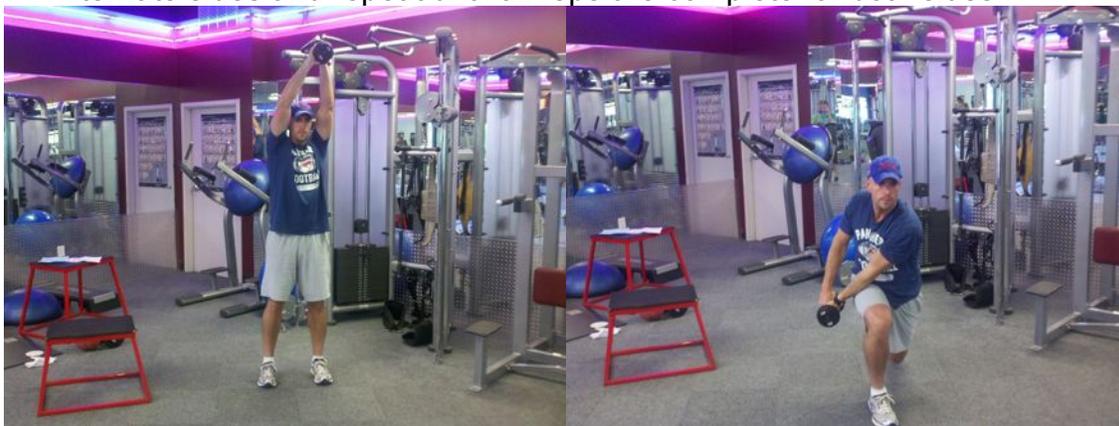
Hulk Jump

- 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.



Captain Chops

- Stand with your feet shoulder-width apart, holding a dumbbell above your head and to the side or using just bodyweight.
- 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.



Finishers 5-8

Pushup with One Arm Extended (aka 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.



Total Body Extension – (see above)

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.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Finishers 5-8

Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- 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.



Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet **NARROWER** than hip-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.



Mountain Climbers – (see above)

Total Body Extensions – (see above)

Finishers 9-12

Bodyweight Death Crawl

- Start in a push-up position.
- Do four Superman push-ups by extending one arm out after doing a pushup – alternate sides (2/side)
- Now, do a walking plank, moving forward several feet by lifting your hands and your feet, and taking tiny steps like an alligator crawl – take 2 steps per side. (Remain in the up position of the push-up.)
- Stand up and do a jump squat.
- Drop down and repeat the sequence.



Jumping Jacks – (see above)

Bear Crawl

- Do not do this if you have back problems
- Start on all fours
- Move forward with your hands and feet
- Then move backwards



Skater Hops – (see above)

Bodyweight Death Crawl – (see above)

Bulgarian Jump Squats – (see above)

Finishers 9-12

Divebomber Pushups

- Start with your feet outside shoulder width apart and in the pike pushup position with your glutes in the air.
- Keeping your hands about shoulder width apart, slowly bring your upper body towards the floor while shifting your body forward.
- Keep going and bring your chest up while facing straight ahead.
- Slowly return to the starting position.



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.



Finishers 9-12

Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



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.



Finishers 9-12

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.



Prisoner Switch Lunge

- Stand with your feet shoulder width apart, with your hands behind your head, squeezing your shoulder blades together.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.



Finishers 9-12

X-Body Mountain Climber w/Feet Elevated

- Put your feet up on a bench or small platform and place your hands on the floor about shoulder width apart.
- Keeping your abs braced and your body straight, bring in one knee towards the opposite elbow.
- Return to the starting position and repeat for the other side.



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



Finishers 9-12

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.



Shuttle Sprints – (see above)

More Resources to Fat-Torcing Finishers To Use With Your Favorite Workouts

www.WorkoutFinishers.com - Get ripped without ANY long, boring cardio

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