

5-Minute Density Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

Craig Ballantyne says is going to be the word of the year... because it works. That word is “density”.

What that means for you is that you’ll be doing a lot of work in a little bit of time. With these workout grand finales, you’ll be torching fat and calories in five minutes flat. But the key is to really give it all you got and leave it on the floor. After all, it is just five minutes.

You can use these 5-minute “doozys” to finish off any workout with a bang or use them on an off day to improve your conditioning and shed stubborn fat.

These workout finishers are a beast, but you’ll soon discover what truly is possible in five minutes. So brace yourself and give it your best effort with every finisher. If you put in the work, you’ll finish off belly fat.

Welcome the hottest and most effective approach to your workouts – it’s all about the density.

**May you never, EVER get bored with your workouts,
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 dietitian. 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.



5-Minute Density Finishers

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)

5-Minute Density Finishers

Finisher # 1 – Hawaii Five-NO

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

Jump Squats (5)
Modified Burpee (no jump) (5)
Skater Hops (5/side)
Explosive Pushups (5)
Jumping Jacks (5)

Finisher # 2 – Extending the Gauntlet

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

Total Body Extension (20 seconds)
Pushup w/1-Arm Extended (20 seconds)
Total Body Extension (20 seconds)

Finisher # 3 – Minute to Minute Blast

Do the following circuit ONE time. Do as many reps as possible in each minute, resting only if necessary.

Low Box Jumps (1 minute)
Inverted Row or Strap Row (1 minute)
Decline Pushups (1 minute)
KB or DB Swings (1 minute)
X-Body Mountain Climber (1 minute)

5-Minute Density Finishers

Finisher # 4 – The Density Deuce

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

Goblet Switch Lunge (2/side)
Burpee/Chinup Combo or Burpee (2)
Lateral Jumps (2/side)
T Pushups (2/side)

Finisher # 5 – Chop to the Top

Do the following superset 5 times, resting for 20 seconds after each superset

DB or Medicine Ball or Bodyweight Chops (20 secs/side)
Run in Place (20 secs)

Finisher # 6 – Combos Galore

Do the following circuit ONE time, resting as shown.

DB Squat and Press Combo (40 secs), rest 10 secs
Skater Hops (40 secs), rest 10 secs
Burpee/Spiderman Pushup Combo (40 secs), rest 10 secs
DB Piston Row (40 secs), rest 10 secs
Burpee/X-Body Mountain Climber Combo (40 secs), rest 10 secs
Bodyweight Sumo Squat (40 secs)

5-Minute Density Finishers

Finisher # 7 – Density Instability

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

Lunge Jumps (5/side)
Stability Ball Jackknife Pushup (10)
Narrow-Stance Bodyweight Squat (10)
Stability Ball Stir-the-Pot (5/side)

Finisher # 8 – The Alive 5

Do the following circuit ONE time. Rest as little as possible during each minute of exercise.

Goblet Squat (1 minute)
Alternating DB Chest Press (1 minute)
Bench Vault (1 minute)
Alternating Bodyweight Step-Up (1 minute) – fast tempo but with control
Stability Ball Jackknife (1 minute)

Finisher # 9 Density Revolution

Do the following circuit one time as shown.

Alternating DB Lunge/Hammer Curl Combo (20 secs) followed by 10 secs of rest
- 3 times, then...
Shuttle Sprint (20 secs) followed by 10 secs of rest – 4 times, then...
Inverted or Strap Row (20 secs) followed by 10 secs of rest – 3 times

5-Minute Density Finishers

Finisher # 10 – The Nasty 3

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

Bulgarian Jump Squats (8/side)

Divebomber Pushup (8)

Medicine Ball Slams (10) or DB/Medicine Ball/Bodyweight Chops (5/side)

Finisher # 11 – The Olympic Fat Burner

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

Alternating Javelin Reverse Lunge (20 secs/side)

Elevated Pushups (20 secs/side)

Long Jump (20 secs)

Bodysaw (20 secs)

Bench Vault (20 secs) or Lateral Hops (20 secs)

Finisher # 12 – Density 6-Pack

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

T Pushup (6/side)

Alternating Goblet Lunge (6/side)

Ab Wheel or Stability Ball Rollout (6)

X-Body Mountain Climber w/Feet Elevated (6/side)

5-Minute Density Finishers

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.



Modified 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.



5-Minute Density Finishers

Finishers 1-4

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.



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



5-Minute Density Finishers

Finishers 1-4

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



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.**



5-Minute Density Finishers

Finishers 1-4

Pushup w/1-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)

Low Box 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



5-Minute Density Finishers

Finishers 1-4

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.



Strap Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



5-Minute Density Finishers

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.



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.



Finishers 1-4

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.



Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- 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 and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



Finishers 1-4

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.



Burpee – (see above)

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.



5-Minute Density Finishers

Finishers 1-4

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 5-8

DB Chops

- Grab a dumbbell
- 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.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



Medicine Ball Chops

- Grab a medicine ball
- Start by holding the medicine ball above your head and to the left.
- In a diagonal and chopping motion, bring the medicine ball to the opposite knee with a slight bend in both knees.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



5-Minute Density Finishers

Finishers 5-8

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.



Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



Finishers 5-8

DB Squat & Press Combo

- Hold a kettlebells or dumbbells at shoulder height with your palms facing each other.
- Squat to at least parallel, maintaining an upright torso, keeping the kbs or dbs at shoulder height and chest up.
- Return to the standing position, then perform a shoulder press by pressing the kbs or dbs above your head.



Skater Hops – (see above)

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



Finishers 5-8

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.



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.



Finishers 5-8

Bodyweight 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.



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 5-8

Stability Ball Jackknife Pushup

- 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



Narrow-Stance 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.



Finishers 5-8

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.



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.



5-Minute Density Finishers

Finishers 5-8

Alternating DB Chest Press

- Hold both dumbbells above your chest with your palms turned toward your feet.
- Lower one dumbbell to chest level – while keeping the other dumbbell pressed up.
- Pause briefly and press the dumbbell straight up above the chest. Alternate sides.



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.



Finishers 5-8

Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in each hand (optional).
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs or alternate legs with each rep, depending on your program.



Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- 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.
- Do NOT round your lower back.



Finishers 9-12

Alternating DB Lunge/Hammer Curl Combo

- Hold a pair of dumbbells with your feet shoulder width apart.
- Take a big step forward with one leg, keeping your torso upright.
- At the same time, curl the dumbbells up towards your shoulders with your palms facing each other.
- Push through the heel of the lead leg to the start position as you bring in the dumbbells.



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 9-12

Inverted Row – see above

Strap Row –see above

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.



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.



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.



DB Chops – see above

Medicine Ball Chops – see above

Bodyweight Chops – see above

Finishers 9-12

Alternating Javelin Reverse Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step backwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step back with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.



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 9-12

Long Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



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!



Bench Vault – see above

5-Minute Density Finishers

Side-to-Side Hops or Lateral Hops

- This move will make you feel like a kid – it's like lateral jumps but less impact.
- Imagine a line next to you and hop “over” the line to one side.
- Repeat back to the other side.
- Go as fast as possible.



T Pushup – see above

Alternating Goblet 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 forward with one leg, taking a larger than normal step
- 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 with each rep.



Finishers 9-12

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.



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



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.



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