

WWW.WORKOUTFINISHERS.COM

FINISHER DELUCES

**UNLEASH FAT-BURNING FURY
IN JUST 2 MINUTES**



MIKE WHITFIELD, CTT

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

What can you accomplish in just 2 minutes? You're about to find out.

A finishers first – every single finisher lasts just 2 minutes. And trust me, you'll be glad that it's over then. I only bring the best "bang-for-your-buck" exercises inside this one including Todd's Durkin Death crawl and more.

You'll get the perfect blend of challenges, density training, whacky supersets and circuits that will have you speaking a language you didn't even know existed. I call it...

"Finisherese" <== This is when you talk jibberish in anger.

So have fun with these 12 metabolic 2-minute fat punchers. Adjectives are fun!

You can tag any one of these to your workouts to burn more fat or even on your off day to improve your conditioning. If you're feeling crazy, you can combine two of them for a 4-minute grand finale.

**This is the kick in the butt you were looking for,
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 Deuces

When performing finishers on off days – do the following circuit twice, resting for 30 seconds between circuits BEFORE the finisher as a warm-up:

Jumping Jacks (15)
Bodyweight Squats (10)
Close-Grip Pushups (10)
Total Body Extensions (15)

Finisher Deuces

Finisher # 1 – Super Deuce

Do the following superset resting only as needed. In the first superset, you'll perform 4 reps of each exercise. In the next superset, you'll perform 3 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Then, work your way back up. 2 reps of each, 3 reps of each, etc. Continue until the 2 minutes are up.

Bulgarian Jump Squats (4/side...1/side...4/side)
Stability Ball Jackknife Pushup (4...1...4)

Finisher # 2 – Density Deuce-dah

Do the following circuit as many times as possible in 2 minutes, resting only when needed.

KB or DB Swings (10)
Renegade Row (6/side)
Skater Hops (6/side)

Finisher # 3 – Good Lawd

Do as many burpees as possible in 2 minutes. If your form gets sloppy, you MUST stop.

Finisher # 4 – The Abs U2

Do the following circuit as many times as possible in 2 minutes, resting only when needed.

Spiderman Climb (2/side)
Plank to Tricep Extension (2)
DB or Medicine Ball Chops (2/side)
X-Body Mountain Climber (2/side)

Finisher # 5 – Snatchin’ and Deucin’

Do the following circuit as shown ONE time:

KB or DB Snatch (20 secs/side) (match reps on each side), rest 10 secs
Close-Grip Pushups (20 secs), rest 10 secs
KB or DB Snatch (20 secs/side), (match reps on each side), rest 10 secs
Box or Bench Jumps (20 secs), rest 10 secs
KB or DB Snatch (20 secs/side), (match reps on each side), rest 10 secs
Bodysaw (20 secs), rest 10 secs
KB or DB Snatch (20 secs/side), (match reps on each side)

Finisher # 6 – Vault to Push

Do the following circuit ONE time

Bench Vault (30 secs)
1-Arm Extended Pushups (30 secs)
Bench Vault (30 secs)
T Pushups (30 secs)

Finisher # 7 – 2 Minute Singles

Do the following circuit as many times as possible in 2 minutes, resting only when needed.

Burpee/Chin-up Combo or Burpee (1)
Switch Lunge (1/side)
Elevated Pushups (1/side)
Prisoner Lunge Jump (1/side)

Finisher # 8 – Deadlift to the Finish

A finishers first – deadlifts as a finisher! Do the following superset twice resting only 10 seconds between supersets.

Deadlift or DB Squat (30 secs with a fast tempo but under control) <= Use ½ of your bodyweight
Stability Ball Plank with Arms Extended (20 secs)

Finisher # 9 Give me a 10 for Every 50

Do the following superset ONE time

Depth Jump (50 secs), rest 10 secs

Jump Rope or Run-in-Place (50 secs) as fast/hard as possible!

Finisher # 10 – Burpee Gauntlet

Do the following circuit twice, resting as shown:

Burpee/Spiderman Pushup Combo (15 secs), rest 5 secs

Burpee/X-Body Mountain Climber Combo (15 secs), rest 5 secs

Burpee/Sprint Combo (15 secs), rest 5 secs

Finisher # 11 – Full Body Fury

Do the following circuit one time:

Chinups or Inverted Row (20 secs)

Goblet Jump Squat (20 secs)

DB Incline Chest Press (fast tempo) (20 secs)

Squat Thrust (20 secs)

Skater Hops (20 secs)

KB or DB Swings (20 secs)

Finisher # 12 – 2-Minute Evil 5's and 3's

Do the following superset as many times as possible in 2 minutes, resting only when needed.

DB Squat and Press (5) (fast tempo but under control)

Durkin Death Crawl (3)

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.

Warm-Up

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



Warm-up

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.



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.



Warm-Up

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.**



Finishers 1 - 4

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 1 - 4

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



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

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



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 1 - 4

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.



Spiderman Climb

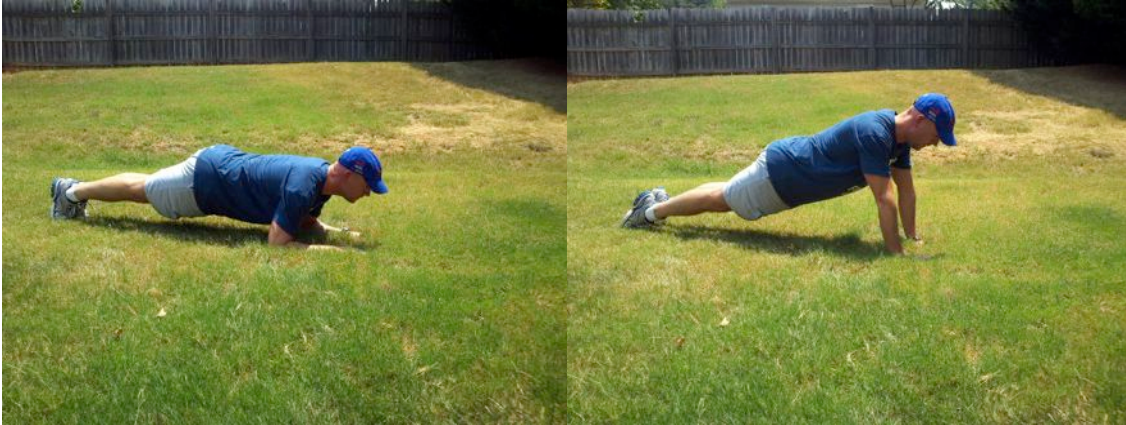
- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until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



Finishers 1 - 4

Plank to Tricep Extension

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



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.



Finishers 1 - 4

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.



X-Body Mountain Climber

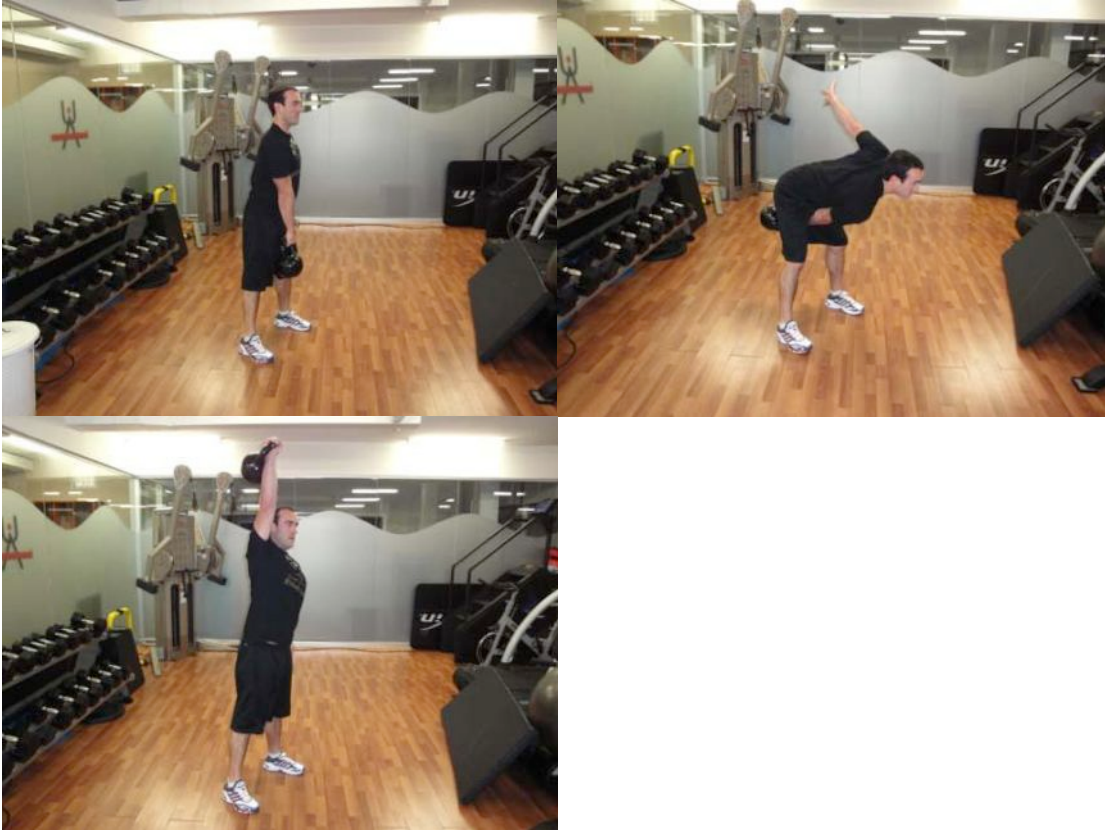
- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Finishers 5 - 8

KB 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.



Finishers 5 - 8

DB Snatch

- Thrust your hips forward and clean the dumbbell up to shoulder height.
- Drive the dumbbell overhead in a pressing motion.
- Return the dumbbell to the starting position and repeat.
- Do all reps for one side and switch.



Close-Grip Pushups (see above)

KB or DB Snatch (see above)

Box or 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



Finishers 5 - 8

KB or DB Snatch (see above)

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!



KB or DB Snatch (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.



Finishers 5 - 8

1-Arm Extended 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.



Bench Vault (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.



Finishers 5 - 8

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)

Switch Lunge

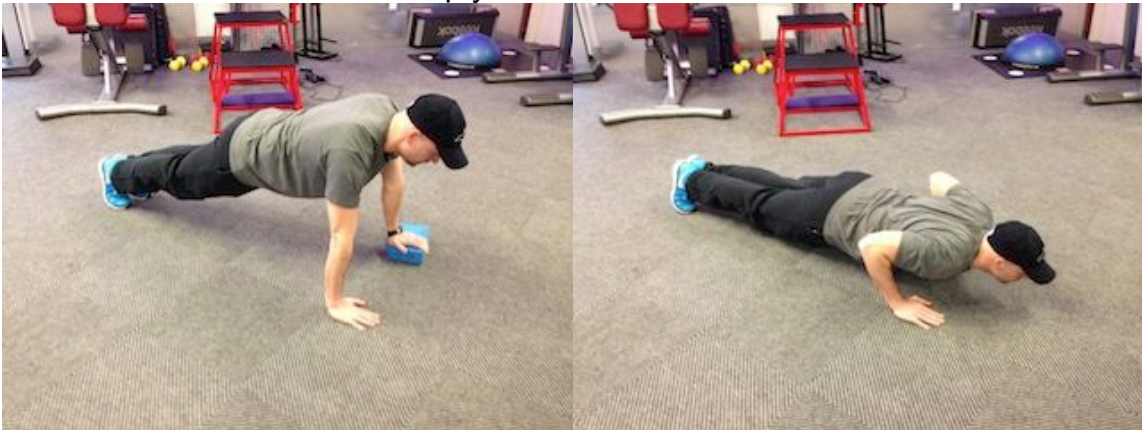
- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through 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 5 - 8

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.



Prisoner 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.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- 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

Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Finishers 5 - 8

Stability Ball Plank with Arms Extended (also known as Superman SB Plank)

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- Brace your abs throughout the entire exercise.



Finishers 9 - 12

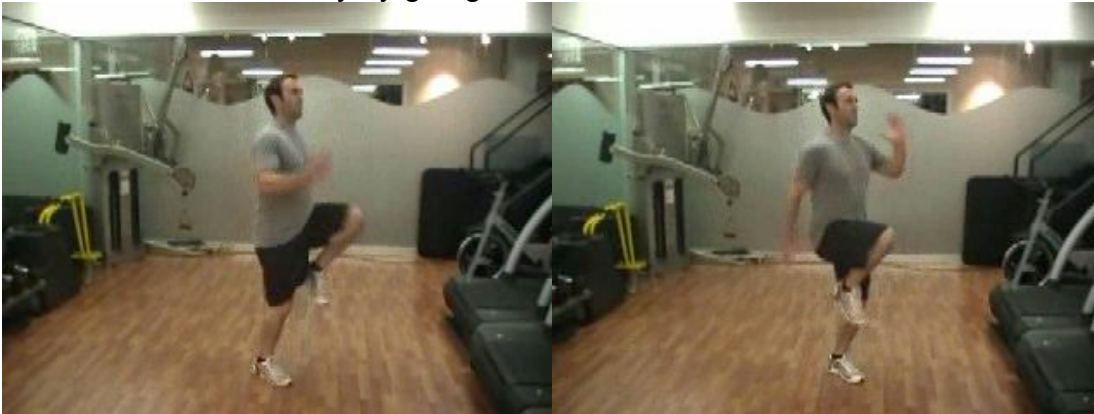
Depth Jump

- Stand on a low box or a bench
- Step off and land on both feet in the squat position.
- Immediately bend your knees, dips your hips, and jump forward as high as you can.
- Land softly with bent knees and your hips back.
- Step back up onto the box or bench to repeat.



Run in Place

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



Finishers 9 - 12

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



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 9 - 12

Burpee/Sprint 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.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand or jump back up.
- Run in place (with high knees) for 4 reps
- Repeat as necessary.



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



Finishers 9-12

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.



Goblet Jump Squat

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back while holding a dumbbell or kettlebell at chest height.
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Finishers 9 - 12

DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



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 9 - 12

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.



KB/DB Swings (see above)

DB Squat & Press

- 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.



Finishers 9 - 12

Durkin Death Crawl (great move by Todd Durkin)

- Start in a push-up position as you grip a pair of dumbbells.
- Do two push-ups, two plank rows with your left hand and two rows with your right. (To perform a row, maintain the push-up position, but bring one elbow up close to your torso as you balance on the dumbbell in your opposite hand.)
- Now, do a walking plank, moving forward several feet by lifting the dumbbells and your feet, and taking tiny steps. (Remain in the up position of the push-up.)
- Stand up and do a jump squat with dumbbells.
- Drop down and repeat the sequence.



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