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WORKOUT FINISHERS 2.0

*THE ADDICTION CONTINUES
WITH 51 FINISHERS FOR
THE ULTIMATE AFTERBURN*



MIKE WHITFIELD, CTT

Workout Finishers 2.0

A message from Mike Whitfield, CTT



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

It's finally here... Workout Finishers 2.0. I've never been so excited to share this new and improved finishers manual with you!

Cardio is boring and you already know that. Use these fat-torching finishers with your favorite workouts (after of course) or you can use them as off day conditioning to shed even the most stubborn fat off.

And the NEW TWIST – string 2-4 of them for your own metabolic (but intense) workout.

My finishers have evolved quite a bit since my initial launch of Workout Finishers in 2011. Inside this new Workout Finishers manual, you'll discover the hot and addicting method of Density Finishers plus much, much more.

By the way, I goofed. You'll probably figure out I put in more than 51 finisher workouts inside this manual. I got carried away, but the good news is that you now have easily over 50 finishers to use instead of boring cardio.

Thanks to client and reader feedback, this will be the best Metabolic Workout Finishers manual in all the land.

Have fun with these new and improved finishers... and of course...

**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 dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

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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.



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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)

How to Choose the Right Workout Finisher

“How do I know which finisher to choose?”

“Should I go with a upper/lower/total body finisher?”

“How many finishers can I do per week?”

Grab a cup of Java and gather round kids. We're going to sit and learn. We have some new kids on the block, too.

Anyway, let's chat about how to choose the right finisher. I wrote an article on this for Craig Ballantyne's site many, many months ago, but this is the new and revised edition since I've been getting some more questions about it.

How to Choose the Right Metabolic Finisher with a Fat Loss Workout

Here is the good news – choosing one is easier than you think. Let's say you are on a 3-day per week fat loss workout. You can perform just about any finisher after each workout. That's right, it's that easy. The reason I say “just about” is because of this...

If your workout is already 45 minutes or so, than choose a shorter finisher. There is no reason you can't get in and out of the gym in an hour including warm-up and cool-down. So, if your main workout lasts 45 minutes, than choose a shorter finisher, like a 3-minute density finisher.

I have a lot of the exercises in the manual on my Youtube channel, which will help you out. You can go there by clicking here:

www.youtube.com/metabolicfinishers

Now, if your workout is shorter, like 30-35 minutes, than you can certainly choose a longer finisher. My metabolic resistance training programs typically last around 35 minutes. That's just how I roll.

I think the ultimate schedule looks like this, but that's just me:

5 Minutes – Warm up using bodyweight exercises

30 Minutes – Metabolic Resistance Training

3-6 Minutes – Metabolic Finisher

3 Seconds – Giving yourself a fist bump in front of the mirror

Things to Keep in Mind

Your main workout is your foundation. So, the first week you perform finishers, than be sure to reduce the number of circuits or supersets you perform so your body can get acclimated to that kind of chaos and can recover between workouts. I actually suggest the same when starting a new workout program.

How to Choose the Right Finisher on a Muscle-Building Program

Packing on muscle is fun, but packing on muscle and belly fat is not. You need to incorporate finishers to keep the fat at bay while putting on lean muscle mass. This takes some experimentation.

If you EASILY put on fat when putting on muscle, than incorporate finishers 3-4 times a week while using your muscle-building program. If you don't put on fat easily, than you can do finishers twice per week.

Take measurements every 2 weeks to really get "in tune" with what works for you.

Usually, 3 finishers per week is just about right for those wanting to gain muscle and keep the fat at bay.

How to Choose a Finisher on a Split Program

We having fun kids? Yayz! Alright, if you're on a upper/lower split, this is where it can get tricky. This really comes down to your recovery ability. So, let's say you're on a 4-day per week fat loss program like this:

Mon – Lower

Tue – Upper

Wed – BINGO with Grandma

Thu- Lower

Fri – Upper

Now most of my finishers are total body (that's the idea), but I do have some that are upper or lower body focused inside this manual. I like to work the opposite muscles of the main program as my finisher, and that's what I like to do with my clients.

So, after your lower body workout, you would perform an upper body focused finisher. After your upper body workout, you would perform a lower body finisher.

HOWEVER (I capitalized that word because it's THAT important), if you find yourself sluggish in your main workout, than you need to reduce the intensity of the finisher by reducing the number of rounds or reps, etc., etc.

BUT, you can also work the same muscle group in the finisher as your main workout because you won't be hitting that muscle group again until 2 days later. So, if you do a lower body workout, you can finish it off with prisoner squats, bodyweight lunges, etc., etc.

Doing an upper body workout? Cool. Then you can finish it off with pushups, inverted rows, high rep db rows, etc., etc.

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Bonus tip – if you're trying to pack on lean muscle, than a good rule of thumb is to incorporate finishers that focus on the same muscle group as your main workout in order to produce more volume, therefore stimulating growth. Make sense?

Considering you have 2 days to recover, you should be fine. But always listen to your body, and as always, reduce the intensity the first week you perform finishers.

Summing it Up

If your goal is fat loss, than a finisher that hits most, if not all of the body are the best. Most of the finishers I write hit the total body. So if you want to lose belly fat, the choice is pretty easy – pick one and go with it. Leave it all on your floor.

Nah, I can't leave it at just that. Let's do a fancy chart or something. Yeah? Yeah.

Choosing the Right Finisher on a Fat Loss Program – 3-4 times a week after your main workout or on off days. The first week, reduce the intensity. Simply pick one. Yep, it's that easy.

Bonus tip – Yes, you can pick a new one at each workout.

Choosing the Right Finisher on a Muscle-Building Workout – If trying to gain muscle fast, but without the belly fat, try using finishers just twice a week, then take measurements after 2 weeks. Adjust from there.

Choosing the Right Finisher on a Split Program – This takes tweaking. Try using opposing muscle groups when choosing a finisher if you're trying to lose fat. So if you perform a lower body workout, choose an upper body finisher and vice versa. Struggling through your workouts? Reduce the intensity of the finisher.

If you're on a split program trying to gain muscle, than use a finisher hitting the same muscles you worked in your main workout.

Now how do you modify a finisher based on your unique fitness level? That's what we'll dig into next...

How To Modify Any Finisher to Your Fitness Level

That's right. You can make any of these finishers your own unique finisher based on your fitness level. There are 3 "variables" you can manipulate to do this and that's what this section is all about.

Variable # 1 – Exercise Substitution

Not everyone needs to be doing lunge jumps... it's just the harsh truth. So, for the more advanced exercises, don't be afraid to change those out for exercises you can do correctly.

Here are some great examples:

Jump Squats – sub for Bodyweight Squats or Total Body Extensions

Burpee – sub for Bodyweight Squats or Total Body Extensions (or take out the burpee and/or the jump)

Lunges – If an advanced lunge like the Crossover Lunge is too much, than you can sub that out for the standard Lunge or Reverse Lunge

Pullups and Chinups – If you don't have a pullup bar, you can use strap inverted rows or DB Rows. And hey, let's face it, not everyone can do pullups and chinups. There's also BB Rows, too.

Pushups – There are a variety of pushups in Workout Finishers 2.0. Why? Because they work. But not everybody can do Spiderman Pushups. So don't be afraid to sub those for Elevated Pushups.

Dips – I've thrown dips into the mix with this one and if you're not comfortable with Dips or you don't have access to a Dip Station, than you can use Close-Grip Pushups.

So, as you can see, that's just one of the ways you can adjust a finisher to fit your unique fitness level. You can even mix and match. Let's say you're to do T Pushups for 30 seconds, but you can only last for 20 seconds. Than, you can do regular pushups for the last 10 seconds.

The same goes to increase a finisher's difficulty. Perhaps a finisher calls for Total Body Extensions. You can certainly increase the difficulty by using Jump Squats.

Boom.

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Variable # 2 – Rest Periods

People often misunderstand the impact of a rest period. 20 seconds of work is vastly different than 30 seconds of work... trust me.

So to decrease the difficulty of a finisher, you can increase the rest period. So if a finisher calls for 30 seconds, don't be afraid to make it 45 seconds to one minute, depending on your fitness level.

The only thing to keep in mind is that these are finishers – so leave it all on the table.

The same goes for increasing the difficulty. You can always reduce the rest periods as well.

Variable # 3 – Volume

Volume simply means how much work is put in. So if you feel you need to cut back on the volume, that's fine. For example, let's say a finisher calls for 4 rounds or circuits. Then you could cut back to 2-3 rounds to reduce the intensity.

If you feel you can put in an extra round and your body can certainly take it, feel free to do so. But I wouldn't go crazy 😊

So that is how you can take literally any finisher and "tweak" it to make it your own and fit your individual needs and fitness level. So, as a quick recap, you can manipulate any or a combination of the following variables to adjust any finisher:

Variable 1 – Exercise

Variable 2 – Rest Period

Variable 3 – Volume

Make every finisher your own,
Mikey, CTT

About the Different Finisher Approaches

You'll discover a number of approaches with these finishers. These approaches have been tried and tested with clients and readers and on this page, you'll see how each approach works. This will make your finisher decision a little easier (although, I say pick one and go for it!).

Density Finishers

Of course, I'm going to start with my favorite approach. The density approach means you'll be doing a lot of volume in a little bit of time. The rep schemes are crazy, yet addicting (but very effective). You'll do as many reps or rounds as possible in a certain amount of time.

Metabolic Circuit Finishers

These fast paced circuits will have your heart pounding with compound movements and short rest periods.

Ladder Finishers

Also known as "good times". Seriously, this is where you'll start with a certain amount of reps and either increase or decrease as you go through the finisher. Ladder workouts allow a lot of volume in a short amount of time.

Gauntlet Finishers

This is another reader/client favorite. One exercise is chosen as the gauntlet. That means you'll repeat that same exercise throughout the finisher, along with other "good times" moves to burn more fat.

Superset Finishers

These are the tricky ones. Finisher Supersets look easy on paper, but in reality, they can sometimes be the most challenging finishers you'll ever do. The good news – you will only have to remember two exercises.

Upper Body Finishers

Chisel your arms, shoulders and chest with these upper-body focused finishers, allowing your legs a break. I even sprinkle in some ab action.

Lower Body Finishers

Blast through these lower body finishers, burning tons of calories while making your legs hard as rock and getting insane definition. And just like the upper body finishers, I also throw in some core work as well.

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Density Finishers

Density Finisher # 1 – The Big Switch

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

Goblet Switch Lunge (3/side)
1-Arm Switch Pushup (3/side)
Skater Hops (3/side)

Density Finisher # 2 – One By One

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

Lunge Jump (1/side)
Squat Thrust (1)
Burpee/Pullup Combo (1)
Lateral Jump (1/side)
Spiderman Climb (1/side)

Density Finisher # 3 – Metabolic 3-Way

Do the following circuit as many times as possible in 3 minutes, resting only when needed.

KB or DB Swings (10)
DB or Medicine Ball Chop or Bodyweight Chop (5/side)
Dips or Decline Close-Grip Pushups (5)

Density Finisher # 4 – 4 X 4 X 4

Do the following circuit as many times as possible in 4 minutes, resting only when needed.

Prisoner Squat (4)
Burpees (4)
Inverted Row or Strap Row (4)
Mountain Climbers (4/side)

Workout Finishers 2.0

Density Finishers

Density Finsher # 5 The DB Den

Do the following circuit as many times as possible in 6 minutes, resting only when needed. Do all 3 moves with a fast tempo, but with control.

DB Squat and Press (15)
DB Piston Row (15/side)
Goblet Sumo Squat (15)

Density Finisher # 6 – Minute to Minute

Do the following circuit as shown ONE time. You can rest during the minute as well if needed, but the clock will continue to tick. AMAP stands for “As Many As Possible”

Depth Jump (AMAP in 1 minute), rest 10 seconds
Inverted Row or Strap Row (AMAP) in 1 minute), rest 10 seconds
Close-Grip 3/4th Rep Pushups or 3/4th Rep Dips (AMAP in one minute), rest 10 seconds
Total Body Extension (AMAP in 1 minute), rest 10 seconds
Mountain Climbers (AMAP in 1 minute)

Density Finisher # 7 – Hustlin’ and Puffin’ 2-Way

Do the following superset as many times as possible in 3 minutes, resting only when needed.

Vertical Jump and Stick (5)
Stability Ball Jackknife Pushup (10)

Density Finisher # 8 – Metabolic 5’s

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

Goblet Squat to Press (5)
Stability Ball Stir-the-Pot (5/side)
Double Burpee (5)
Total Body Extension (5)
Bodysaw (5)

Workout Finishers 2.0

Density Finishers

Density Finisher # 9 – Perfect 10

Do the following circuit as many times as possible in 10 minutes, resting only when needed.

Burpee/Chinup Combo (5)
Alternating Goblet Lateral Lunge (5/side)
Triple Stop Pushup (5)
KB or DB Swings (10)
X-Body Mountain Climber (10/side)
Jumping Jacks (10)

Density Finisher # 10 – “Ab-Noxious”

Do the following circuit as many times as possible in 4 minutes, resting only when needed. Say hello to your abs for me.

Ab Wheel Rollout (5)
DB Row (15/side)
Spiderman Climb (5/side)

Workout Finishers 2.0

Metabolic Circuit Finishers

Metabolic Circuit Finisher # 1 – Plank-athon

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

Lunge Jump (5/side)
Stability Ball Superman Plank (30 seconds)
Inverted Row or Strap Row or 2-Arm DB Row (15)
Spiderman Pushup Plank (15 secs/side)
Alternating Prisoner Crossover Lunge (10/side)
Plank (30 secs)

Metabolic Circuit Finisher # 2 – 150 Madness Circuit

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

Alternating DB Chest Press (20/side)
Goblet Squat (30)
DB Row (20/side)
DB Jump Squat (10)
Ab Wheel or Stability Ball Rollout (20)
Pushup/X-Body Mountain Climber Combo (10)

Metabolic Circuit Finisher # 3 – Stability Chaos 2.0

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

Stability Ball Jackknife Pushup (15)
KB or DB Swings (15)
Stability Ball Stir-the-Pot (5/side)
Braced Squat (15)
Stability Ball Leg Curl (15)

Metabolic Circuit Finisher # 4 - Drivin' and Five'n

Do the following circuit 5 times, resting for 15 seconds between circuits.

Burpee/Spiderman Pushup Combo (5)
Alternating Goblet Lunge (5/side)
Mountain Climbers (5/side)

Workout Finishers 2.0

Metabolic Circuit Finishers

Metabolic Circuit Finisher # 5 - Kong and Jack 2.0

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

Kong (20 secs)

Jumping Jacks (20 seconds)

Bench Vault or Skater Hops (20 seconds)

Metabolic Circuit Finisher # 6 – Reppin’ It Out

Do the following circuit 4 times, resting for 30 seconds between circuits.

KB or DB Swings (30 secs)

Powerlock Pushups (30 secs)

Side-to-Side Hops (30 secs)

Metabolic Circuit Finisher # 7 – Seven-Eleven

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

Shuttle Sprints (back and forth 7 times)

Decline Triple Stop Pushup (11)

Goblet Step-ups (7/side)

Squat Thrusts (11)

Metabolic Circuit Finisher # 8 – Super 6

Do the following circuit 6 times, resting for 15 seconds between circuits.

Box or Bench Jumps (6)

Spiderman Climb (6/side)

Dips or Decline Close-Grip Pushups (6)

Workout Finishers 2.0

Metabolic Circuit Finishers

Metabolic Circuit Finisher # 9 – The Metabolic Monster

Do the following circuit ONE time, resting when needed.

DB Push Press (20)
Bulgarian Jump Squat (15/side)
Renegade Row (15/side)
KB or DB Swings (30)
DB Squeeze Press (20)
DB or Medicine Ball Chop or Bodyweight Chop (15/side) or Medicine Ball Slams (30)
Jumping Jacks (100)

Metabolic Circuit Finisher # 10 Javelin' and Switchin'

Do the following circuit twice, resting only when needed.

DB Javelin Reverse Lunge (10/side)
Bench Vault (10/side)
1-Arm Switch Pushup (10/side)
Star Shuffle (10/side)

Metabolic Circuit Finisher # 11 – The Metabolic 2-Part

Do the following circuit 3 times, resting for 20 seconds between circuits. After the third circuit, rest 20 seconds and move into the density circuit.

Alternating DB Lunge to Hammer Curl (10/side)
Offset Pushups (10/side)
Jumping Jacks (20)

The Metabolic Deuce Density Circuit

Do the following circuit as many times as possible in 2 minutes. Try your best to not rest at all. After 2 minutes is up, rest for 30 seconds and repeat again for 2 minutes.

Alternating DB Lateral Lunge/Shoulder Press Combo (2/side)
Burpee (2)
Medicine Ball Slams (2) or DB or Medicine Ball Chops or Bodyweight Chops (2/side)

Workout Finishers 2.0

Metabolic Circuit Finishers

Metabolic Circuit Finisher # 12 – Keepin’ the Chin Up Countdown

Do the following circuit ONE time, resting as shown.

- Burpee/Chinup Combo (6), rest 20 seconds
- Alternating Diagonal Lunge (8/side), rest 20 seconds
- Burpee/Chinup Combo (5), rest 20 seconds
- Decline Pushups (10), rest 10 seconds
- Burpee/Chinup Combo (4), rest 10 seconds
- Jumping Jacks (20), rest 10 seconds
- Burpee/Chinup Combo (3), no rest
- Bodyweight Step-up (10/side), no rest (fast temp, but with control)
- Burpee/Chinup Combo (2), no rest
- Plank (20 seconds), no rest
- Burpee/Chinup Combo (1)

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Ladder Finishers

Ladder Finisher # 1 – Decline of the Bulgarians 2.0

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

NOTE – You MUST be coordinated enough to do the Goblet Bulgarian Jump Squat exercise. Don't be afraid to substitute for an easier exercise like the Bulgarian Split Squat or Split Squat.

Goblet Bulgarian Jump Squat (8/side... 1/side)
Decline Close-Grip Triple Stop Pushup (8...1)

Ladder Finisher # 2 – Metabolic Triple

Do the following circuit, resting only when needed. In the first circuit, you'll perform 5 reps of each exercise. In the next circuit, you'll perform 4 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Then you'll work your way up the ladder by completing 2 reps of each exercise, etc., etc. up to 6 reps and then finally you're done.

Box or Bench Jumps (6...1...6)
Stability Ball Jackknife Pushup or Decline Pushup (6...1...6)
Chinup or Inverted Row or Strap Row (6...1...6)

Ladder Finisher # 3 – Countdown Monster

Do the following circuit resting only when needed. In the first circuit, you'll perform 5 reps of each exercise. In the next circuit, you'll perform 4 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

Prisoner Lunge Jumps (5/side...1/side)
Renegade Row (5/side...1/side)
TD Bulgarian Squat (5/side...1/side)
Elevated Pushups (5/side...1/side)

Ladder Finishers

Ladder Finisher # 4 – Metabolic Ladder Toast

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of each exercise. In the next circuit, you'll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

1-Arm KB/DB Swings (6/side...1/side)
Spiderman Pushup (6/side...1/side)
Bench Vault or Lateral Jumps (6/side...1/side)

Ladder Finisher # 5 – Metabolic Ladder 4 X 4

Do the following circuit, resting only when needed. In the first circuit, you'll perform 4 reps of each exercise. In the next circuit, you'll perform 3 reps. Continue in this fashion until you complete 1 rep of each exercise. Then, work your way back up. Your next circuit will then be 2 reps, etc., etc. until you complete 4 reps of each exercise.

Alternating DB Javelin Lunge (4/side....1/side...4/side)
Skater Hops (4/side...1/side...4/side)
Superman Pushups (4/side...1/side...4/side)
Shuttle Sprint (Back forth 4 times...1 time... 4 times)

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Gauntlet Finishers

Gauntlet Finisher # 1 – The Bulgarian Gauntlet

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

King Press (Bulgarian Split Squat w/Shoulder Press) (10/side)
Squat Thrust (10)
Bulgarian Split Squat (10/side)
Stability Ball Ab Pike (10)

Gauntlet Finisher # 2 – The Burpee and Swing... and Burpee... and Swing

Do the following circuit 4 times, resting only when needed.

Burpee/Spiderman Pushup Combo (8)
1-Arm KB or DB Swings (Left Side) (15)
Burpee/X-Body Mountain Climber Combo (8)
1-Arm KB or DB Swings (Right Side) (15)

Gauntlet Finisher # 3 – Til Death do Fat Apart

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

Death Crawl (5)
Narrow-Stance Goblet Squat (15)
Bodyweight Death Crawl (5)
Burpee Chinup/Combo (5)
Death Crawl (5)
Bodyweight Sumo Squat (15)
Bodyweight Death Crawl (5)
Side Plank (30 secs/side)

Gauntlet Finisher # 4 – Swinging the Super 6

Do the following circuit 6 times, resting for 20 seconds between circuits.

KB or DB Swings (10)
DB Piston Row (10/side) – Fast Tempo, but with control
KB or DB Swings (10)

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Gauntlet Finishers

Gauntlet Finisher # 5 – Combo Gauntlet Special

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

DB Squat, Curl and Press (10)

Spiderman Climb (10/side)

DB Squat and Curl (10)

Skater Hops (10/side)

DB Squat (10)

Superset Finishers

Superset Finisher # 1 – The Upper/Lower 4 X 4

Do the following superset as many times as possible in 4 minutes, resting only when needed.

Prisoner Lunge Jumps (4/side)
Dips or Triple Stop Pushup (4)

Superset Finisher # 2 – The Super Repper 200

Do the following superset 4 times, resting for 30 seconds between supersets

DB Speed Squat (25)
DB Squeeze Press (25)

Superset Finisher # 3 – Swingin' the Renegade

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

KB or DB Swings (10...1)
Renegade Row (10/side...1/side)

Superset Finisher # 4 – Eight Isn't Enough

Do the following superset as many times as possible in 3 minutes, resting only when needed.

Offset Lunge (4/side)
Bodysaw (8)

Superset Finisher # 5 – Bulgarian Torcher Dozen

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

Stability Ball Jackknife Pushup (12)
Bulgarian Jump Squat or Bulgarian Split Squat (12/side)

Workout Finishers 2.0

Upper Body Finishers

Upper Body Finisher # 1 – The Rowing Gauntlet

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

Strap Row or 2-Arm DB Row (20)

T Pushups (10/side) or Close-Grip Pushups (10-20)

DB Row (20/side)

DB Shoulder Press (20)

Upper Body Finisher # 2 – We Be Pushin' It

Do the following circuit ONE time

Divebomber Pushups (1 rep short of failure)

Chinups (10)

Dips or Close-Grip Pushups (1 rep short of failure)

Cable Core Press or Stability Ball Plank (30 secs)

Pushups (1 rep short of failure)

Upper Body Finisher # 3 – The Armory

Do the following circuit 3 times, resting for 15 seconds between circuits

Alternating DB Curl (20/side)

Lying DB Tricep Extensions (20)

DB Hammer Curl (20)

Close-Grip 3/4th Rep Pushups (20) or 3/4th Rep Dips (15)

Upper Body Finisher # 4 – Upper Conditioner

Do the following circuit as many times as possible in 3 minutes, resting only when needed

Renegade Pushups (10)

Jumping Jacks (10)

Inverted or Strap Row (10)

Upper Body Finishers

Upper Body Finisher # 5 – The Triple Piston

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

Triple Stop Pushup (10...1)
DB Piston Row (10/side...1/side)

Upper Body Finisher # 6 – Pushin' the Afterburn

Do the following circuit ONE time, resting only as shown

Decline Pushups (3 reps short of failure), then immediately
Close-Grip Pushups (3 reps short of failure), then immediately
Pushups (1 rep short of failure), rest 30 seconds
Chinups (1 rep short of failure)

Upper Body Finisher # 7 – Upper Dirty 30 Density

Do the following superset as many times as possible as possible in 4 minutes, resting only when needed.

DB Chest Press (15) – use a weight you can lift for 20 reps
2-Arm DB Row or BB Row (15) – use a weight you can lift for 20 reps

Upper Body Finisher # 8 Pushin' Pullin'and Stirrin'

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

Explosive Pushups (8)
Chinup or Inverted Row or Strap Row (2 reps short of failure)
Stability Ball Stir-the-Pot (5/side)

Workout Finishers 2.0

Upper Body Finishers

Upper Body Finisher # 9 – Upper 300 Conditioning

Do the following circuit 3 times, resting only when needed.

Inverted Row or Strap Row (20)

Total Body Extension (20)

Stability Ball Jackknife Pushup (20)

Jumping Jacks (40)

Upper Body Finisher # 10 Upper Heart Thumper

Do the following circuit, resting only when needed. In the first circuit, you'll perform 6 reps of each exercise. In the next circuit, you'll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

Burpee/Pullup Combo (6...1)

Dips or Decline Triple Stop Pushup (6...1)

Shuttle Sprints (back and forth 6 times.... 1 time)

Workout Finishers 2.0

Lower Body Finishers

Lower Body Finisher # 1 – Quad-tastic

Do the following circuit as many times as possible in 4 minutes, resting only when needed.

Bodyweight Bulgarian Split Squat (5/side)
Stability Ball Leg Curl (10)
Narrow Stance Goblet Squat (10)

Lower Body Finisher # 2 – Swingin' and Plankin' 2.0

Do the following circuit ONE time, resting as shown.

KB or DB Swings (20), rest 10 secs
Stability Ball Superman Plank (30 secs), rest 10 secs
Squat Thrusts (10), rest 10 secs
KB or DB Swings (20), rest 10 secs
Extended Side Plank (30 secs/side), rest 10 secs
Burpees (10), rest 10 secs
KB or DB Swings (20), rest 10 secs
Pushup Plank (30 secs), rest 10 secs
Box Jumps (10), rest 10 secs
KB or DB Swings (20)

Lower Body Finisher # 3 – Hammin' It Out

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

Bodyweight 1-Leg Romanian Deadlift (15/side)
Long Jump (8)
Prisoner Good-Morning (15)
X-Body Mountain Climber (8/side)
Stability Ball Leg Curl (10)

Lower Body Finishers

Lower Body Finisher # 4 – Jumpin’ and Burnin’

Do the following circuit, resting only when needed. In the first circuit, you’ll perform 6 reps of each exercise. In the next circuit, you’ll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

Box or Bench Jumps (6...1)
Spiderman Climb (6/side...1/side)
Prisoner Jump Squats (6...1)
Ab Wheel or Stability Ball Rollout (6...1)

Lower Body Finisher # 5 – Literally Laterally

Do the following circuit as many times as possible in 4 minutes, resting only when needed.

Alternating Goblet Lateral Lunge (5/side)
Stability Ball Ab Pike (5)
Lateral Jumps (5/side)
Stability Ball Jackknife (10)

Lower Body Finisher # 6 – Bulgarians vs. Romanians

Do the following circuit ONE time, resting for 10 seconds after each exercise.

Bulgarian Jump Squat (AMAP in 30 secs/side)
Bodyweight 1-Leg Romanian Deadlift (AMAP in 30 secs/side)
Burpees (AMAP in 30 secs)
TD Bulgarian Split Squat (AMAP in 30 secs/side)
Bodyweight 1-Leg Romanian Deadlift (AMAP in 30 secs/side)
Bench Vault or Side-to-Side Hops (AMAP in 30 secs)

Lower Body Finisher # 7 – The Simple 3-Way

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

Goblet Switch Lunge (10/side)
Stability Ball Superman Plank (30 secs)
KB or DB Swings (50)

Workout Finishers 2.0

Lower Body Finishers

Lower Body Finisher # 8 – The Reverse Density Gauntlet

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

Alternating Prisoner Reverse Lunge (10/side) (fast tempo but with control)
Stability Ball X-Body Mountain Climber (8/side)
Alternating TD Reverse Lunge (10/side) (fast tempo but with control)
Mountain Climbers (8/side)

Lower Body Finisher # 9 – Maxin' Out the Legometer

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

Alternating DB Reverse Lunge from a Deficit (20/side)
Stability Ball Rollout (25)
Stability Ball Leg Curl (25)
Bodyweight Narrow-Stance Squat (25)
Stability Ball Stir-the-Pot (10/side)
Alternating Crossover Lunge (25/side)
Total Body Extension (50)

Lower Body Finisher # 10 – The Giant Lower Countdown Afterburner

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

Bulgarian Split Squat (1-1/2 rep style) (8/side...1/side)
Squat Thrust (8...1)
Bodyweight Walking Lunges (8/side...1/side)
Burpee/X-Body Mountain Climber Combo (8...1)

NOTE - THIS CAN BE USED AS A FULL LEG
WORKOUT (TRUST ME)

Exercise Library
(Exercises are in alphabetical order)

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.

1-Arm DB Squat & Press

- 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.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



1-Arm KB or DB Swings

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



Workout Finishers 2.0

1-Arm Switch Pushup

- Start in the pushup position with your left hand at an elevated position.
- Complete one pushup and at the top of the movement, switch your hand position by bringing your other hand to the elevated position, keeping your body straight.
- Complete another pushup – that's one rep per side.
- Switch back and repeat.



2-Arm DB Row

- Hold a dumbbell in each hand with a neutral or overhand grip
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



Workout Finishers 2.0

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.



Alternating Crossover Lunge

- Stand with your feet about shoulder width apart.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



Workout Finishers 2.0

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.



Alternating DB Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl one dumbbell up towards your shoulder.
- As you lower that db down, curl the other db towards your shoulder.
- Control the db on the way down with each rep and repeat as necessary.



Workout Finishers 2.0

Alternating DB Javelin Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step forwards 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 forward 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.



Alternating DB Lateral Lunge/Shoulder Press Combo

- Hold a pair of dumbbells at shoulder height with your feet shoulder width apart.
- Take a big step to one side while at the same time, pressing the dumbbell with your arm extended. The side you press should be the same side you step out to.
- Push through the heel of the lead leg to the start position while bringing the dumbbell back down.



Workout Finishers 2.0

Alternating DB Lunge to Hammer Curl

- 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.



Alternating DB Reverse Lunge from a Deficit

- Stand upright on a small step or platform holding a pair of dumbbells.
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Workout Finishers 2.0

Alternating Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



Alternating Goblet Lateral Lunge

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.
- Do all reps on one side and then switch or if alternating, switch sides with every rep.



Workout Finishers 2.0

Alternating Prisoner Crossover Lunge

- Stand with your hands behind your head and your shoulders retracted.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



Alternating Prisoner Reverse 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.



Alternating TD Reverse Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



BB Bent-Over Row

- Stand with your torso bent, but not rounding out your back.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Keep the lower back in a neutral position and your knees slightly bent.
- Grasp the barbell with your hands 4-6 inches wider than shoulder-width apart.
- Row the barbell to the abdomen and bring your shoulder blades together.
- Slowly lower to the starting position and repeat.
- Do NOT round your lower back.



Workout Finishers 2.0

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.



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!



Bodyweight 1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



Bodyweight Bulgarian Split Squat

- 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.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Workout Finishers 2.0

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.



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.



Workout Finishers 2.0

Bodyweight 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.



Bodyweight 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.



Workout Finishers 2.0

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.



Bodyweight Walking Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



Workout Finishers 2.0

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



Braced Squat

- Hold a dumbbell or medicine ball in front of your chest with your arms extended.
- Your feet should be just outside shoulder width.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position, keeping the db or medicine ball extended in front of you throughout the movement.



Workout Finishers 2.0

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.



Burpees

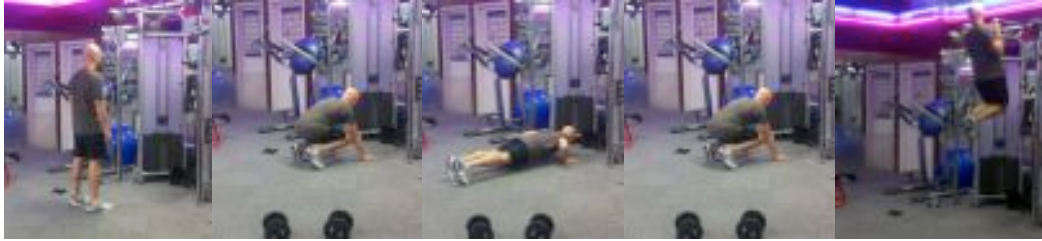
- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Workout Finishers 2.0

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-Pullup 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.
- Jump and grasp the bar with an overhand, wide grip.
- Pull your chest up to the bar.
- Lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



Workout Finishers 2.0

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.



Workout Finishers 2.0

Cable Core Press

- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



Chinup

- 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



Workout Finishers 2.0

Close-Grip 3/4th Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting 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.



Workout Finishers 2.0

DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



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.



Workout Finishers 2.0

DB Hammer Curl

- Stand with your feet shoulder width apart holding a pair of dumbbells with your arms extended.
- Keeping your abs braced, bring the dumbbells up towards your shoulders.
- Slowly lower the dumbbells back to the starting position.



DB 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.



Workout Finishers 2.0

DB Jump Squats

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back while holding a pair of dumbbells next to your sides.
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



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.



Workout Finishers 2.0

DB Push Press

- Hold dumbbells at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the knees.
- Explode up and press the dumbbells overhead until your arms are fully extended.
- Slowly lower the dumbbells back to shoulder level.



Renegade Row (also known as Pushup 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



Workout Finishers 2.0

DB Row

- Rest the left hand flat on the bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



DB Shoulder Press

- Stand with your feet shoulder-width apart, dumbbells at shoulder height.
- Press the dumbbells straight up, keeping the abs braced.
- Under control, bring the dumbbells back to the starting position.
- Repeat as necessary.



Workout Finishers 2.0

DB Speed 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”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- Perform each squat as fast possible but under control.
- Keep your low back arched. Do NOT round your low back.



DB Squat and Press

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position
- Pressing the weight overhead.



Workout Finishers 2.0

DB Squat, Curl and Press

- Hold a pair of dumbbells at your sides and perform a squat by pushing back your hips and glutes as you lower yourself.
- Keep your back neutral
- Push through the heels of your feet to come back
- Perform a DB Bicep Curl by bring the dumbbells up to your shoulders with your palms up.
- From that point, perform a DB Shoulder Press by pressing the dumbbells above your head.



DB Squeeze Press

- Lie on a bench holding a pair of dumbbells in front of your chest with your palms facing each other.
- While squeezing together the dumbbells, push the dumbbells up by performing a chest press
- Slowly return to the starting position.



Workout Finishers 2.0

Death Crawl

- 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.



Workout Finishers 2.0

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.



Decline Close-Grip Triple Stop Pushup

- 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.
- Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Workout Finishers 2.0

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.



Decline Triple Stop 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.
- Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Workout Finishers 2.0

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.



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.



Workout Finishers 2.0

Dips and 3/4th Rep Dips

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.
- If doing the 3/4th rep dips, then go down about 75% of a full rep and then come back up.



Double 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 TWO pushups.
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Workout Finishers 2.0

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.



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



Extended Side Plank

- Lie on the floor on your side.
- Support your bodyweight with your arm extended.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Goblet Bulgarian Jump Squat

- Stand with your feet shoulder-width apart. Hold a dumbbell in front of you at chest height.
- 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 up using your glutes, hips and thighs. Stay in a split-squat stance.
- Land in the squat position and repeat.
- Perform all reps for one leg and then switch.
- NOTE – This takes coordination. You can sub the Bulgarian Split Squat for this exercise.



Workout Finishers 2.0

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.



Goblet Squat to Press

- Hold a dumbbell close to your chest and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position, then press the weight upward above your head.



Workout Finishers 2.0

Goblet Step-Up

- Stand facing a bench or platform with a dumbbell at chest height. Place one foot on the bench and the other on the floor.
- 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 if alternating, switch legs with each rep.



Goblet Sumo Squat

- Stand with your feet well outside shoulder width apart with your toes angled slightly out.
- 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.



Workout Finishers 2.0

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



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.



Workout Finishers 2.0

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



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.



Workout Finishers 2.0

King Press

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



Kong

- Squat down onto all fours.
- Rise up on the balls of your feet.
- Pull your body forward with your arms while hopping forward, like a gorilla.



Workout Finishers 2.0

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.



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



Workout Finishers 2.0

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



Lying DB Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



Workout Finishers 2.0

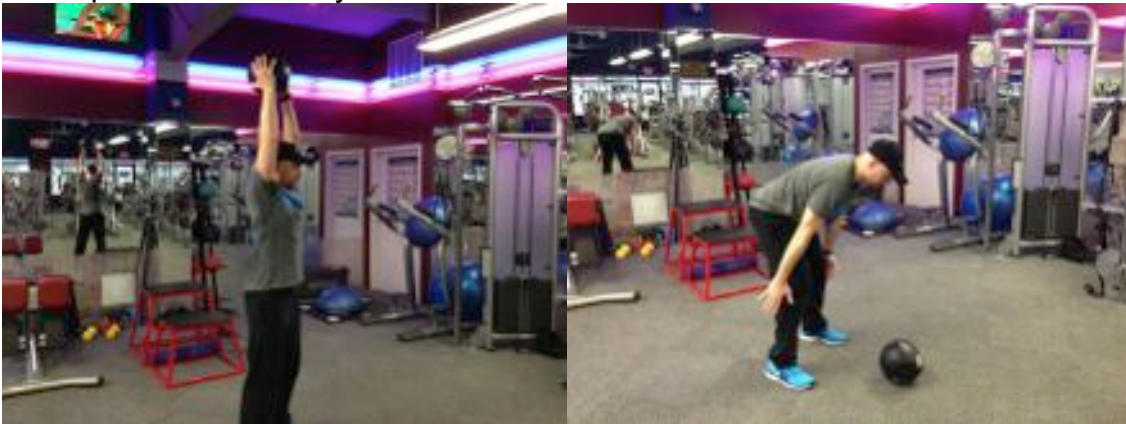
Medicine Ball Chops

- 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.



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.



Workout Finishers 2.0

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.



Narrow-Stance Goblet Squat

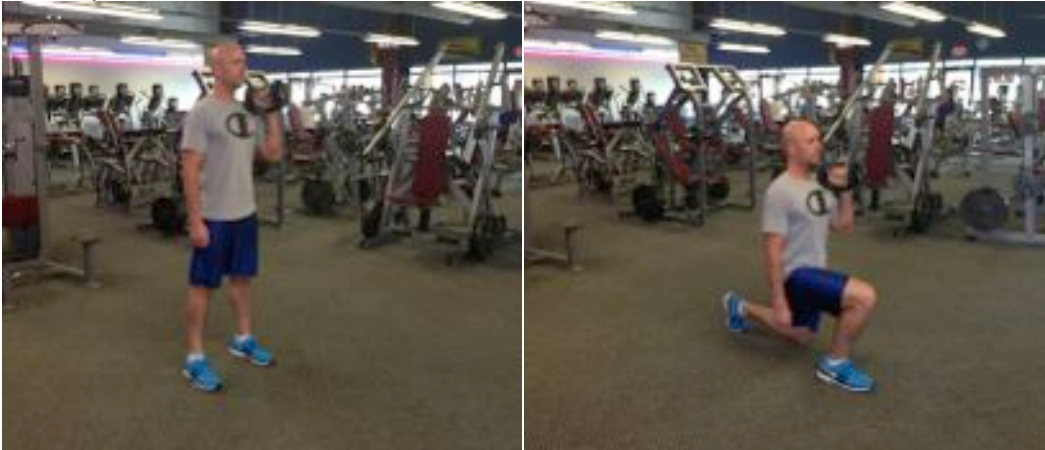
- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



Workout Finishers 2.0

Offset Lunge

- Stand with your feet shoulder-width apart.
- Hold one dumbbell at shoulder height on your left side.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.
- Repeat for the other side.



Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch 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.
- Do all reps for one side and then change hand positions and complete all other reps.



Workout Finishers 2.0

Plank

- Lie on your stomach on a mat.
- 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.
- Hold this position for the recommended amount of time.



Powerlock Pushup

- Start in the regular pushup position, keeping your abs braced
- “Lock” your shoulder blades by keeping them back, down and squeezing them together.
- Maintaining the locked position with your shoulder blades, lower yourself until you are about 2 inches off the ground.
- Push through the chest, shoulders and triceps to the starting position.
- Maintain your shoulders in the lock position during the whole movement.



Prisoner Good-Morning

- Stand with your feet about shoulder width apart
- Put your hands behind your head, squeezing your shoulder blades together
- Keeping a slight bend in the knee, bend over until your upper body is almost parallel to the ground, while keeping your shoulders back
- Be sure not to round out your back
- This is very similar to the waiter's bow



Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Workout Finishers 2.0

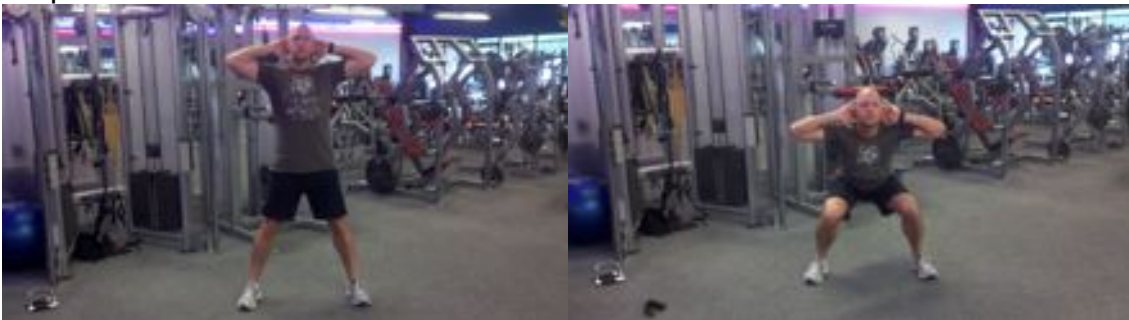
Prisoner Lunge Jumps

- 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



Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Workout Finishers 2.0

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- 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.
- The lower you are, the more difficult it will be



Pushup/X-Body Mountain Climber Combo

- Start in the pushup position and your abs braced.
- Perform a pushup by lowering yourself to the ground, keeping a straight line with your body.
- Push through your hands back to the starting position.
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your body in a straight line. Repeat for the other side.
- That's one rep – repeat as necessary.



Workout Finishers 2.0

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.
- Slowly lower yourself down until you are an inch 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.



Renegade Pushups

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



Workout Finishers 2.0

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 followed immediately by a pushup
- Alternate sides and repeat



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



Workout Finishers 2.0

Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time. Switch sides.



Side-to-Side 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.



Workout Finishers 2.0

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.



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.



Workout Finishers 2.0

Spiderman 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.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Spiderman Pushup Plank

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Hold this position as prescribed.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Workout Finishers 2.0

Squat Thrust

- 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



Stability Ball Ab Pike

- Brace your abs. Put your elbows on the bench 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.
- 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.



Workout Finishers 2.0

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.



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



Workout Finishers 2.0

Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Stability Ball Plank

- Brace your abs. Put your elbows on the bench 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.
- Hold the plank position for the designated time.



Workout Finishers 2.0

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.



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.



Stability Ball Superman Plank (Stability Ball Plank with Arms Extended)

- 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.



Stability Ball X-Body Mountain Climbers

- Brace your abs. Start in the top of the push-up position with your hands on the ball.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite arm. 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.



Workout Finishers 2.0

Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45 degree angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



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.



Workout Finishers 2.0

Superman Pushup (aka Pushup with One Arm Extended)

- 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.



T Pushups

- 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.



Workout Finishers 2.0

TD Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Workout Finishers 2.0

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.**



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.



Workout Finishers 2.0

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



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.



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



“Mike really changed up my vision of a workout” – Philip



“ He had a fresh approach to training”- Robin