

BODYWEIGHT ADRENALINE

ENERGY RUSH WORKOUTS INCLUDING
THE ADRENALINE 500



MIKE WHITFIELD, CTT

Bodyweight Adrenaline

Welcome from Mike Whitfield & Workout Finishers



Adrenaline: noun; a hormone that is secreted by the adrenal medulla in response to stress and increases heart rate, pulse rate, and blood pressure, and raises the blood levels of glucose and lipids. It is extracted from animals or synthesized for such medical uses as the treatment of asthma. Chemical name: aminohydroxyphenylpropionic acid; formula: $C_9H_{13}NO_3$ US name **epinephrine**

Cool. I didn't know that. I just thought it was a cool name for this program.

Believe me, you'll feel the adrenaline rush with all the of the workouts inside this bad boy. It all starts with strength/conditioning superset approach in Workout A, then you continue the madness with a ladder finisher that will have your heart pounding in seconds.

Then in Workout B, you get a 1-2-3 punch with a density circuit, conditioning circuit and an awesome finisher grand finale.

Finally, in workout C, you'll test your will as you fight through the Adrenaline 500. You'll see a "Burpee Special" near the end of that huge circuit.

Let the adrenaline run through you,
Mikey "Pancakes" Whitfield, CTT

PS – For more metabolic finishers, check out these sites:

www.WorkoutFinishers.com - Get over 50 metabolic finishers you can use with any workout for shocking fat loss results without boring cardio or intervals

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

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 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.

Bodyweight Adrenaline

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.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question inside the Workout Finishers Inner Circle at www.FinisherFreaks.com
- 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.



Bodyweight Adrenaline

Bodyweight Adrenaline Workout Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. 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.

- Finish each workout with stretching for the tight muscle groups only if desired.
- **Start every workout with this warm-up circuit.**

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.

Warm-up

Total Body Extensions (12)
T Pushups (4/side)
Alternating Prisoner Lunge (8/side)

Train 3 days per week.

Follow this workout schedule for 4 weeks and then switch to another “Finisher Freak” program 😊

Bodyweight Adrenaline

Bodyweight Adrenaline Workout Schedule

Day 1 – Workout A - Adrenaline Supersets

1A) Prisoner Reverse Lunge from a Deficit or Prisoner Reverse Lunge (10/side)

1B) Bench Vault or Skater Hops (15/side)

Rest 30 seconds and repeat 2 more times

2A) Chin-up or Inverted Row or Strap Row using a 5-second lowering phase (2 reps short of failure)

2B) Double Burpee (10)

Rest 30 seconds and repeat 2 more times

3A) 1-Leg Romanian Deadlift (12/side)

3B) Sprinter Step-ups (30)

Rest 30 seconds and repeat 2 more times

Adrenaline Superset Finisher

Do the following superset, resting only when needed. In the first superset, you'll perform 6 reps of each exercise. In the next superset, you'll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each. Then, work your way back up. The next superset would then be 2 reps of each, etc., etc. until you complete 6 of each.

4A) Bulgarian Jump Squat or Bulgarian Split Squat (6/side...1/side...6/side)

4B) Spiderman Climb (6/side...1/side...6/side)

Stretch as needed

Day 2 – Recovery day and light activity

Bodyweight Adrenaline

Bodyweight Adrenaline Workout Schedule

Day 3 – Workout B - Adrenaline Density Great 8's

Do the following circuit as many times as possible in 8 minutes, resting only when needed. Once the 8 minutes are up, rest 1 minute and move into the next circuit.

- 1A) Box or Bench Jumps (8)
- 1B) Spiderman Pushup or Elevated Pushup (4/side)
- 1C) Alternating Diagonal Lunge (4/side)
- 1D) X-Body Mountain Climber with Feet Elevated or X-Body MC (4/side)

Conditioning Circuit

- 2A) Lunge Jumps or Alternating Lunges (6/side)
 - 2B) Hand Step-ups (AMAP up to 20)
 - 2C) Sumo Squats (20)
 - 2D) Stability Ball Jackknife or Strap Jackknife (15)
 - 2E) Stability Ball Leg Curl (20)
- Rest 1 minute and repeat 2 more times

Adrenaline Gauntlet Finisher

- 3A) Bodyweight Death Crawl (30 secs), rest 30 secs
 - 3B) Chest Tap Pushup (30 secs), rest 30 secs
 - 3C) Bodyweight Death Crawl (30 secs), rest 30 secs
 - 3D) Jumping Jacks (30 secs), rest 30 secs
- Do the above as shown TWICE

Stretch as needed

Day 4 – Recovery day and light activity

Bodyweight Adrenaline Workout Schedule

Day 5 – Workout C - The Adrenaline 500

Do the following circuit ONE time, resting only when needed. If your form gets sloppy, you MUST stop and rest. Each week, try to beat your previous time to complete this workout.

Pull-up w/Knee-up (10) or Pull-up (10) or Inverted Row or Strap Row (10)
Strap-Assisted 1-Leg Squat or 1-Leg Squat or Split Squat (25/side)
Strap Fallout or Ab Wheel Rollout or Stability Ball Rollout (25)
Bodyweight Squats (50)
Pushups with Feet in Straps or on Stability Ball or Decline Pushups (50)
Lateral Hops (25/side)
Crossover Step-up (25/side)
Bodyweight Chop (25/side)
Strap Bicep Curl (25) or DB Curls if you don't have straps
Strap Tricep Extension or Close-Grip 3/4th Rep Pushups (25)
Depth Jump (10)
Bodysaw (25)
Burpee (5)
Burpee/Spiderman Pushup Combo (5)
Burpee/X-Body Mountain Climber Combo (5)
Burpee/Sprint Combo (5)
Total Body Extension (60)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Bodyweight Adrenaline

| Workout A | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1A) PR Lunge w/Def or PR Lunge (10/side) | | | | | | | | | | | | |
| 1B) Vault or Skater Hops (15/side) | | | | | | | | | | | | |
| 2A) Chin-up/Inv Row/Strap Row (2<F) | | | | | | | | | | | | |
| 2B) Double Burpee (10) | | | | | | | | | | | | |
| 3A) 1-Leg RDL (12/side) | | | | | | | | | | | | |
| 3B) Sprint Step-ups (30) | | | | | | | | | | | | |
| Finisher | | | | | | | | | | | | |
| 4A) Bulgarian Jumps (6/side...1/side) | | | | | | | | | | | | |
| 4B) Spiderman Climb (6/side...1/side) | | | | | | | | | | | | |
| Workout B | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| 1A – 1D (AMAP in 8 mins) | | | | | | | | | | | | |
| 1A) Box/Bench Jumps (8) | | | | | | | | | | | | |
| 1B) Spiderman or Ele PU (4/side) | | | | | | | | | | | | |
| 1C) Alt Diagonal Lunge (4/side) | | | | | | | | | | | | |
| 1D) X-Bod MC w/ft ele or X-Bod MC (4/side) | | | | | | | | | | | | |
| 2A) Lunge Jumps or Alt Lunge (6/side) | | | | | | | | | | | | |
| 2B) Hand Step-ups (AMAP to 20) | | | | | | | | | | | | |
| 2C) Sumo Squats (20) | | | | | | | | | | | | |
| 2D) SB Jack or Strap Jack (15) | | | | | | | | | | | | |
| 2E) SB Leg Curl (20) | | | | | | | | | | | | |
| Finisher – 2X | | | | | | | | | | | | |
| 3A) BW Death Crawl (30s), rest 30s | | | X | | | X | | | X | | | X |
| 3B) Chest Tap Pushup (30s), rest 30s | | | X | | | X | | | X | | | X |
| 3C) BW Death Crawl (30s), rest 30s | | | X | | | X | | | X | | | X |
| 3D) Jumping Jacks (30s), rest 30s | | | X | | | X | | | X | | | X |

Bodyweight Adrenaline

| Workout C | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Adrenaline 500 – 1X through | | | | | | | | | | | | |
| PU w/Knee-up/PU/Inv Row/Strap Row (10) | | | | | | | | | | | | |
| Asst/1-Leg/or Split Squat (25/side) | | | | | | | | | | | | |
| Strap Fallout / SB Rollout (25) | | | | | | | | | | | | |
| BW Squats (50) | | | | | | | | | | | | |
| PU w/feet in Straps/SB or Dec PU (50) | | | | | | | | | | | | |
| Lateral Hops (25/side) | | | | | | | | | | | | |
| Crossover Step-up (25/side) | | | | | | | | | | | | |
| BW Chop (25/side) | | | | | | | | | | | | |
| Strap Bicep Curl/DB Curl (25) | | | | | | | | | | | | |
| Strap Tri Ext or 3/4 th CG PU (25) | | | | | | | | | | | | |
| Depth Jump (10) | | | | | | | | | | | | |
| Bodysaw (25) | | | | | | | | | | | | |
| Burpee (5) | | | | | | | | | | | | |
| Burpee/Spiderman PU Combo (5) | | | | | | | | | | | | |
| Burpee/X-Body MC Combo (5) | | | | | | | | | | | | |
| Burpee/Sprint Combo (5) | | | | | | | | | | | | |
| Total Body Extension (60) | | | | | | | | | | | | |

Bodyweight Adrenaline

Exercise Descriptions

Warm-up

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.

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.**



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.



Bodyweight Adrenaline

Warm-up

Alternating Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward 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.
- Push back to the start position and switch legs.



Workout A

Prisoner Reverse Lunge from a Deficit

- Stand upright on a small step or platform and place your hands behind your head, pulling your elbows back and squeezing your shoulder blades together.
- 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
- Keep your elbows back and your shoulder blades pulled together during the whole movement.



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.



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Workout A

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.



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.



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Workout A

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



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.



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Workout A

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.



Double Burpee

- 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 A

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.



Sprint Step-ups

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



Workout A

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.



Workout A

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.



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 B

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



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.



Workout B

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.



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.



Workout B

X-Body Mountain Climber w/Feet Elevated

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



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.



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Workout B

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



Alternating Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



Workout B

Hand Step-ups

- In the pushup position, place your hands on a small step.
- Bring your right hand down to the ground while maintaining a straight line with your body (don't let your hips sag).
- Bring the left hand down.
- Then bring the right hand back up to the step followed by bringing the left hand up.



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.



Workout B

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.



Strap Jackknife

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- 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 contracting your abs and pulling your feet forward.
- Return to the starting position.



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Workout B

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.



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 B

Chest Tap 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.
- Explosively push through your chest, shoulders and triceps with enough momentum to tap your chest.
- Drop back into another pushup and repeat.
- Keep your abs braced throughout the movement.



BW Death Crawl – (see above)

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



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Workout C

Pull-up With Knee-up

- Grasp the bar with an overhand grip or neutral grip (neutral is easier)
- Pull yourself up. Keep your abs braced at all times in this exercise.
- As you do the pull-up bring your knees to your chest.
- This will make the pullup easier, but also work your abs.
- SLOWLY lower yourself to the bottom position and return your legs to the extended position. This is a strong eccentric contraction on your lower abs.



Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Workout C

Inverted Row – (see above)

Strap Row – (see above)

Strap-Assisted 1-Leg Squat

- Stand with your feet hip width apart. Grab the strap handles and lean back.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement at the hip joint. Push your butt back and sit back as if you were sitting on a chair.. Squat slowly and focus on balance.
- Squat as low as possible, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Workout C

1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor (or as low as you can go), but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Workout C

Split Squat

- Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Strap Fallout

- Kneel on the ground with your hands in the straps.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Lean forward & extend your arms overhead and keep your abs braced as they stretch.
- Contract your abs and keep your body in a straight line from toes to shoulders as you come back up to the start.



Workout C

Ab Wheel Rollout

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



Stability Ball Rollout

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



Workout C

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.



Pushup w/ feet in Straps

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Lower yourself to the ground and push back up using your arms, shoulders and chest.
- Repeat as necessary



Workout C

Stability Ball Pushup

- Put your hands on the ground, slightly wider than shoulder width apart.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



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.



Bodyweight Adrenaline

Workout C

Lateral Hops

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



Crossover Step-up

- Stand next to a bench or platform
- Step up laterally, using the weight from the lead leg to step up
- Cross over the bench or platform by keeping the lead leg on the bench while bringing the rear leg behind and over
- Switch feet and repeat



Bodyweight Adrenaline

Workout C

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.



Strap Biceps Curls

- Grab the straps with an underhand grip. Take 2 steps back.
- Lean back putting the weight on your heels.
- Pull your body up to an almost upright position by contracting your biceps.
- Keep your elbows up high to focus on biceps and not your back.
- Slowly return to the start position.



Workout C

DB Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



Strap Triceps Extension

- Place your hands in the straps and lean forward on the balls of your feet.
- Keep your body in a straight line and your arms just wider than shoulder width apart.
- Slowly bend your elbows and lower your body forward. Keep your abs braced.
- Contract your triceps and press back to the start position.
- This is tough on the elbows. You can use close-grip strap pushups in place.



Workout C

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



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, dip 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.



Bodyweight Adrenaline

Workout C

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!



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 C

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 brings 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.



Bodyweight Adrenaline

Workout C

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.



Total Body Extension – (see above)

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

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
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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