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# BODYWEIGHT SWITCH



**DISCOVER THE ADDICTING  
BODYWEIGHT STRENGTH AND  
FINISHER SUPERSETS**

**MIKE WHITFIELD, CTT**

## Bodyweight Switch

### Welcome from Mike Whitfield & Workout Finishers



You kids are freaks. Every time I even just mention the strength/finisher superset, you start cheering like a bunch of warriors from Braveheart.

If you're new to this method – you're in for a treat. The strength/finisher method is when you do a strength move and superset it with a finisher move. It's really fun and challenging... and it works to blast fat, too.

So you're looking at combining the power of resistance training and finishers into one amazing superset after another.

You'll soon discover this unique combination is lethal on your fat, too. That's the idea behind this method of madness. You get addicted to working out and you blast fat at the same time.

**May you never, EVER get bored with your workouts,  
Mike Whitfield, CTT  
Author, Workout Finishers**

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](http://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.

## 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 on my facebook page here: [www.facebook.com/workoutfinishers](http://www.facebook.com/workoutfinishers)
- 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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



## Bodyweight Switch

### **Bodyweight Switch 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.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

#### Warm-up

Bodyweight Squat (12)

Pushup (8) – Take 2 seconds to lower yourself and 2 seconds to come up

Jumping Jacks (15)

1-Leg Romanian Deadlift (8/side)

**Follow this workout for 4 weeks and then switch to another program.**



## Bodyweight Switch

### Workout Schedule

#### Day 1 – Workout A

1A) Bulgarian Split Squat (1-1/2 rep style) (8/side)

1B) Kong (30 secs)

Rest 1 minute and repeat 2 more times

2A) Decline Spiderman Pushup (8/side)

2B) Total Body Extension (20)

Rest 1 minute and repeat 2 more times

3A) 1-Leg Romanian Deadlift (10/side)

3B) Mountain Climbers (20/side)

Rest 1 minute and repeat 2 more times

4A) Plank to Triceps Extension (12)

4B) Run in Place (30 secs)

Rest 1 minute and repeat 2 more times.

**Stretch as needed**

#### Day 2 – Recovery and Light Exercise

## Bodyweight Switch

### Workout Schedule

#### Day 3 – Workout B

1A) Triple Pushup (10 Decline, followed by 10 Close-Grip, followed by 10 Normal Pushups)

1B) Skater Hops (15/side)

Rest 1 minute and repeat 2 more times

2A) \*Prisoner Lunge Jumps with 1-second pause (6/side)

2B) Spiderman Climb (10/side)

Rest 1 minute and repeat 2 more times

\* Hold the bottom position for 1 second before each jump

3A) \*90% Pushup (2 reps short of failure)

3B) Punch/Kick Combo (15)

Rest 1 minute and repeat 2 more times

\* Come back up only 90% - this puts more tension on the muscles being worked

4A) Pushup Side Plank (30 secs/side)

4B) Burpees (10)

Rest 1 minute and repeat 2 more times

**Stretch as needed**

#### Day 4 – Recovery Day and Light Exercise

## Bodyweight Switch

### Workout Schedule

#### Day 5 – Workout C

1A) 1-Leg Squat (10/side)

1B) Burpee/X-Body Mountain Climber Combo (10)

Rest 1 minute and repeat 2 more times

2A) Powerlock Eccentric Pushups (take 5 seconds to lower yourself) (8)

2B) Lateral Jumps (10/side)

Rest 1 minute and repeat 2 more times

3A) T Pushup (8/side)

3B) Star Shuffle (20/side)

Rest 1 minute and repeat 2 more times

4A) 1-Legged Deadlift (12/side)

4B) Spiderman Climb Sprint to Start (6)

Stretch as needed

#### Days 6 and 7 – Recovery and Light Exercise



## Bodyweight Switch

<b>Workout A</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) BSS (1-1/2 rep style) (8/side)												
1B) Kong (30s)												
2A) Decline Spiderman PU (8/side)												
2B) Total Body Extension (20)												
3A) 1-Leg RDL (10/side)												
3B) Mountain Climbers (20/side)												
4A) Plank to Tricep Ext (12)												
4B) Run in Place (30 secs)												
<b>Workout B</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) Triple Pushup (10 ea move)												
1B) Skater Hops (15/side)												
2A) PLJ w/1-sec Pause (6/side)												
2B) Spiderman Climb (10/side)												
3A) 90% Pushup (2<F)												
3B) Punch/Kick Combo (15)												
4A) Pushup Side Plank (30s/side)												
4B) Burpees (10)												
<b>Workout C</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) 1-Leg Squat (10/side)												
1B) Burpee/X-Body MC (10)												
2A) Powerlock Eccentric PU (8)												
2B) Lateral Jumps (10/side)												
3A) T Pushup (8/side)												
3B) Star Shuffle (20/side)												
4A) 1-Leg Deadlift (12/side)												
4B) SC Sprint to Start (6)												

## Bodyweight Switch

### 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.

##### **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**

- 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.



## Bodyweight Switch

### Warm-Up

#### Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



#### 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.
- This can be done with bodyweight only as well.



## Bodyweight Switch

### Workout A

#### **Bulgarian Split Squat (1-1/2 Rep Style)**

- 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.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- ***Come back up ONLY halfway, and then back down again.***
- Finally, push up to the upright position. That's one rep.
- Perform all reps for one leg and then switch.



#### **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.





## Bodyweight Switch

### Workout A

#### Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



#### 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.**



#### 1-Leg RDL – (see above)

## Bodyweight Switch

### Workout A

#### 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.



#### Plank to Triceps Extension

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



## Bodyweight Switch

### Workout A

#### Run in Place

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





## Bodyweight Switch

### Workout B

#### 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.



#### 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.



## Bodyweight Switch

### Workout B

#### Pushups (see above)

#### 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.



## Bodyweight Switch

### Workout B

#### **Prisoner Lunge Jumps w/ 1-Second Pause**

- 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.
- Hold the bottom position for 1 full second.
- Alternate sides without resting between sides



#### **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.



## Bodyweight Switch

### Workout B

#### **90 % Push-up**

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return 90% of the way back up.
- Keep your body in a straight line at all times.





## Bodyweight Switch

### Workout B

#### Punch-Kick Combo

- Stand with feet hip-width apart and knees slightly bent.
- Throw a jab with your weak arm.
- Throw a jab with your strong arm.
- Kick with your weak-arm side leg.
- Kick with your strong-arm side leg.
- Repeat as prescribed.



## Bodyweight Switch

### Workout B

#### Pushup 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.



#### Burpees

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



## Bodyweight Switch

### Workout C

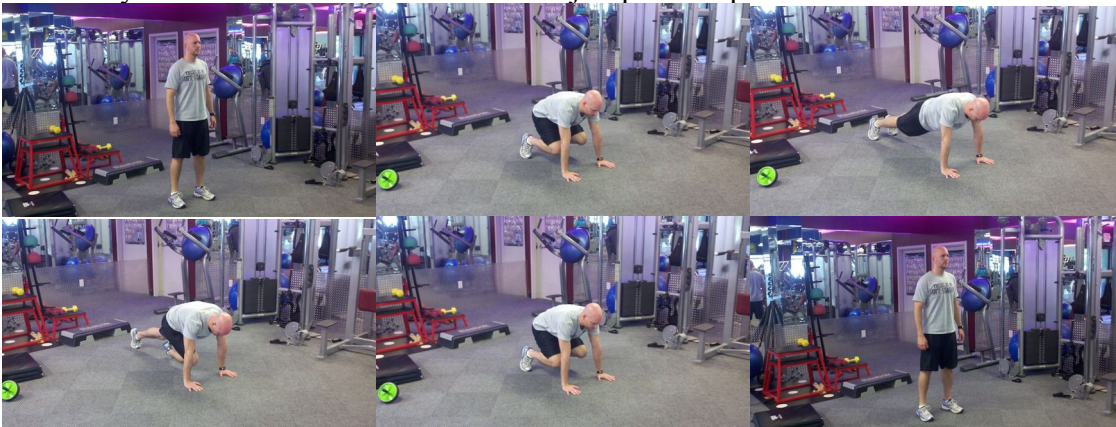
#### 1-Leg Squat

- 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.



#### 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.





## Bodyweight Switch

### Workout C

#### **Power Lock Eccentric 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, take 5 seconds to 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.



#### **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.



## Bodyweight Switch

### Workout C

#### 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.



#### Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45o 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



## Bodyweight Switch

### Workout C

#### 1-Leg Romanian Deadlift (see above)

#### Spiderman Climb Sprint to Start

- Start in the pushup position
- Maintaining a straight line with your upper body and keeping your abs braced, bring your right foot outside your right hand.
- Return to the starting position and repeat for the other side.
- Do 6 reps on each side, then come out of that position to sprint 2-3 strides.
- Repeat as necessary.



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

[www.WorkoutFinishers.com](http://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](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://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
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**Winner of the 11th Turbulence Training Transformation Contest, Philip  
Lost 34 lbs in Just 12 Weeks!**



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

**I Have Lost Over 50 lbs and 15% Body Fat**



**“ He had a fresh approach to training”- Robin**