

HYBRID CONDITIONING

*WICKED COMBINATIONS OF BODYWEIGHT,
DB AND SUSPENSION TRAINING!*



MIKE WHITFIELD, CTT

Welcome from Mike Whitfield & Workout Finishers



In a nutshell, what you get with this program is the perfect blend of bodyweight exercises, DB moves and suspension training in a delicious metabolic smoothie.

Mmmm, fast metabolism tastes so good. Hey, what's in this energy drink I consumed just before writing this? Anyway...

This is definitely a new one for us Finisher Freaks. This is the ultimate flexible program. After all, the workouts are short, but with the OPTIONAL finisher. So, you can...

- Use this as your main program if you like short, but intense workouts and want to really focus on conditioning. After all, they are short! (Perfect for busy schedules)
- “Plug” any of these conditioning workouts AFTER your main session to speed up fat loss (feel free to skip the optional finisher)
- If you want a shorter finisher after your workout – simply pick any of the finishers from this program.

Options rock... have fun!
Mike Whitfield (AKA Mikey), 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.

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.



Hybrid Conditioning 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.**

Note – If you're using these workouts as conditioning after your main workout, you don't have to do the warm-up.

Bodyweight Warm-up Circuit

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

Warm-up

Alternating Prisoner Lunge (8/side)

T Pushups (6/side)

1-Leg RDL (8/side)

Jumping Jacks (15)

Train 3 days per week.

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

Hybrid Conditioning

Hybrid Conditioning Workout Schedule

Day 1 – Workout A

1A) Goblet Walking Lunge (30 secs)
1B) Strap Row or Chin-up (30 secs)
1C) Spiderman Pushup (30 secs)
Rest 30 seconds and repeat 2 more times

2A) Strap Assisted 1-Legged Squat or 1-Leg Squat (30 secs/side)
2B) Renegade Row (30 secs)
2C) Skater Hops (30 secs)
Rest 30 secs and repeat 2 more times

Sprint Matrix

Do the following as shown ONE time. So you'll do the shuttle sprint for 20 seconds, then rest 10 seconds. You'll do this 4 times, then move into the swings.

3) Shuttle Sprint (20 secs), rest 10 secs – 4X
4) DB or KB Swings (20 secs), rest 10 secs – 4X

Optional Finisher

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

5A) Strap Squat and Row or Prisoner Squat (3)
5B) Plank to Tricep Extension (3)
5C) DB Chop (3/side)

Stretch as needed

Day 2 – Recovery day and light activity

Hybrid Conditioning Workout Schedule

Day 3 – Workout B

Suspension Chaos Circuit

1A) Strap “Y” Raise or DB Rear Deltoid Raise (12)

1B) Strap Bulgarian Squat or Bulgarian Split Squat (12/side)

1C) Strap X-Body Mountain Climber or X-Body Mountain Climber (10/side)

Rest 30 seconds and repeat ONE more time

DB Complex Circuit

2A) DB Front Squat (15)

2B) DB 2-Arm Row (15)

2C) DB Snatch (10/side)

Rest 30 seconds and repeat ONE more time

Bodyweight Conditioning Circuit

3A) 1-Arm Extended Pushup (8/side)

3B) Bodyweight Triple Squat (10)

3C) Burpee (8)

Rest 30 seconds and repeat ONE more time

Optional Finisher

Complete the following in any manner you choose. In other words, you can do 10 Jump Squats, then 5 Strap Jackknives, etc as long as you complete all reps for all exercises. Time yourself. The next time you complete this finisher, try to beat your previous time.

Jump Squat or Box Jumps (30)

Strap Jackknife (40) or Mountain Climbers (20/side)

Total Body Extensions (50)

Stretch as needed

Day 4 – Recovery day and light activity

Hybrid Conditioning Workout Schedule

Day 5 – Workout C – The Hybrid Monster

Do the following circuit ONE time resting only when needed. You must complete all reps before moving into the next exercise. Each week, try to improve your time. Strapped for time? Cut the reps in half.

- 1A) DB Squat and Press (30)
- 1B) Strap Row with Overhand Grip or Pull-up (20)
- 1C) Decline Close-Grip Triple Stop Pushup (30)
- 1D) Strap Vulturian Squat or Bulgarian Split Squat (1-1/2 rep style) (20/side)
- 1E) DB High Pull (30)
- 1F) Strap Fallout or Inchworm (20)
- 1G) Alternating Goblet Lateral Lunge (30/side)
- 1H) Spiderman Climb (20/side)
- 1I) Strap Bicep Curl or DB Curl (20)
- 1J) Strap Tricep Extension or Lying Tricep Extension (20)

Optional Finisher

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

- 2A) Atomic Pushup or Pushup/X-Body MC Combo (8...1)
- 2B) Braced Squat (8...1)

Stretch any tight muscles

Days 6 and 7 - Recovery Days

Hybrid Conditioning

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) Goblet Walking Lunge (30s)												
1B) Strap Row or Chin-up (30s)												
1C) Spiderman Pushup (30s)												
2A) Strap Asst 1-Leg Squat (30s/side)												
2B) Renegade Row (30s)												
2C) Skater Hops (30s)												
3) Shuttle Sprint (20s), rest 10s – 4X												
4) DB/KB Swings (20s), rest 10s – 4X												
Optional Finisher – 3 Mins (AMAP)												
5A) Squat and Row or Pris Squat (3)												
5B) Plank to Tricep Ext (3)												
5C) DB Chop (3/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) Strap “Y” Raise or DB RDR (12)			X			X			X			X
1B) Strap BSS or BSS (12/side)			X			X			X			X
1C) Strap X-Body or X-Body (10/side)			X			X			X			X
2A) DB Front Squat (15)			X			X			X			X
2B) DB 2-Arm Row (15)			X			X			X			X
2C) DB Snatch (10/side)			X			X			X			X
3A) 1-Arm Ext PU (8/side)			X			X			X			X
3B) Bodyweight Triple Squat (10)			X			X			X			X
3C) Burpee (8)			X			X			X			X
Optional Finisher – Any Manner												
Jump Squat or Box Jumps (30)												
Strap Jackknife (40) or MC (20/side)												
TBX (50)												

Hybrid Conditioning

Workout C – 1X through	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) DB Squat and Press (30)												
1B) Strap Row or Pullup (20)												
1C) Dec CG Triple PU (30)												
1D) Strap VSS or BSS 1-1/2 (20/side)												
1E) DB High Pull (30)												
1F) Strap Fallout or Inchworm (20)												
1G) Alt Goblet Lat Lunge (30/side)												
1H) Spiderman Climb (20/side)												
1I) Strap Bicep Curl or DB Curl (20)												
1J) Strap Tricep Ext or Tri Ext (20)												
Optional Finisher (Ladder 8...1)												
Atomic Pushup or PU/X-Bod MC Combo (8...1)												
Braced Squat (8...1)												

Hybrid Conditioning

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.

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.



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.



Hybrid Conditioning

Warm-up

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.



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



Workout A

Goblet Walking Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step forward with one leg, taking a larger than normal step
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Alternate sides and step forward and repeat.



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 A

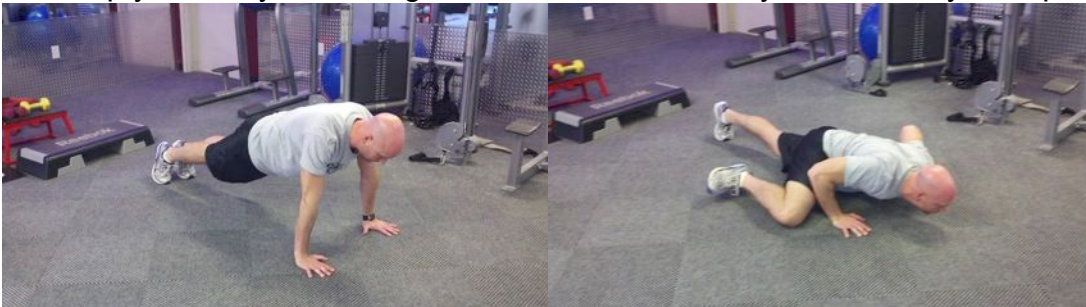
Chin-up

- 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



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 A

Strap-Assisted 1-Legged 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.



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.



Hybrid Conditioning

Workout A

Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



Hybrid Conditioning

Workout A

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



DB or KB 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.



Hybrid Conditioning

Workout A

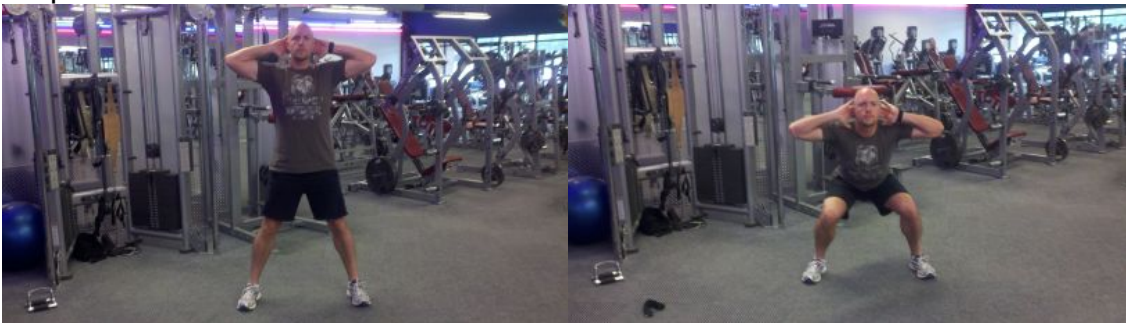
Strap Squat and Row

- Grab the strap handles and place your feet just outside shoulder-width apart.
- Squat down by pushing your hips back, keeping your back neutral.
- Pushing through the heels of your feet using your quads, glutes and hamstrings to the starting position.
- Perform a strap row by pulling on the handles and bringing yourself up and squeezing your shoulder blades together.
- Repeat as necessary.



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.

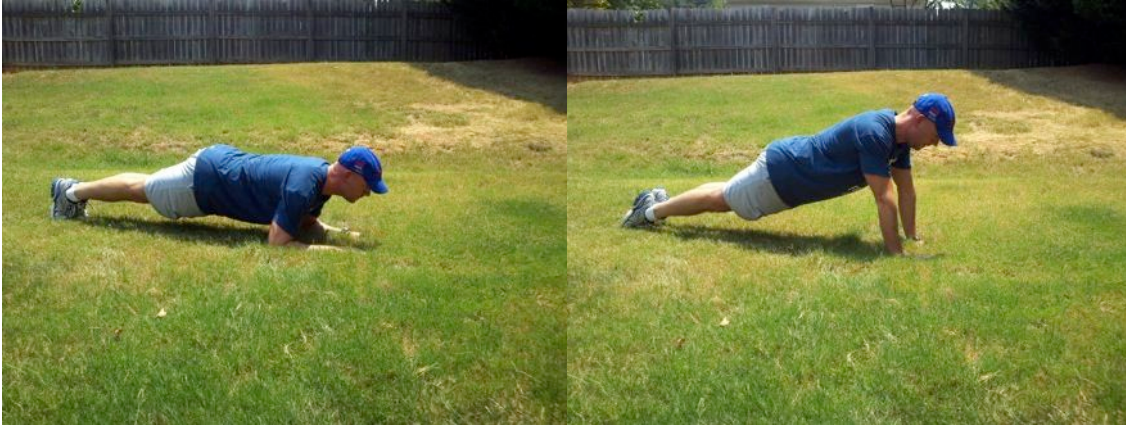


Hybrid Conditioning

Workout A

Plank to Tricep Extension

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



DB Chops

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



Hybrid Conditioning

Workout B

Strap Y Raise

- Put your hands in the TRX straps in front of you
- Maintaining a straight line with your body, pull the handles and form a “Y”, while squeezing your shoulder blades together.
- Keep your abs braced. Slowly low



DB Rear-Deltoid Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



Workout B

Strap Bulgarian Squat

- Stand with your feet shoulder-width apart.
- Place one foot on in the strap behind you. 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 through the foot ALL the way up to the upright position.
- Stay in a split-squat stance and perform all reps for one leg and then switch.



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 B

Strap X-Body Mountain Climber

- Put your hands in the strap handles and form a straight line with your body while being on your toes.
- Bracing the abs, bring one knee in towards the opposite hand.
- Be sure not to let your hips sag.
- Return to the starting position and repeat with 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.



Hybrid Conditioning

Workout B

DB Front Squat

- Hold two dumbbells in front of your shoulders, standing with your feet just outside shoulder width apart.
- Go down by bringing the hips back, maintaining a neutral arch in your back, until your thighs are about parallel to the ground
- Drive back up through the heels of your feet using your hips and glutes



DB 2-Arm Row

- Hold a dumbbell in each hand with an 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.



Hybrid Conditioning

Workout B

DB Snatch

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



1-Arm Extended Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



Hybrid Conditioning

Workout B

Bodyweight Triple 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”.
- Go just 1/4th of the way down and hold this position for one second.
- Then go halfway down and hold this position for one second.
- Finally, squat as deep as possible, but keep your low back tensed in a neutral position and hold this position for one second.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



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 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.



Hybrid Conditioning

Workout B

Jump Squats

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



Box Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



Hybrid Conditioning

Workout B

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.



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.



Hybrid Conditioning

Workout B

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.**



Hybrid Conditioning

Workout C

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.



Strap Row with Overhand Grip

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels. The photo shows a neutral grip, but use an OVERHAND grip.
- 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 C

Pull-up

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



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 C

Strap Vulgarian Squat

- Stand with your feet shoulder-width apart.
- Place one foot on in the strap behind you. 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 through the lead foot to come HALFWAY up and then drop back down to the bottom position. Then push through the foot ALL the way up to the upright position.
- Stay in a split-squat stance and perform all reps for one leg and then switch.



Bulgarian Split Squat – (see above)

DB High Pull

- Hold two dumbbells at arm's length in front of your thighs.
- Brace your abs, bend your knees, and push your hips back slightly. This is called the “athletic position”, and is our start point for this exercise.
- Dip your hips into a quarter squat and drive up explosively, simultaneously pulling the dumbbells up to chest height.
- Rise up onto the balls of your feet and keep your elbow out to the side.
- Drop down to the start position, reset, and repeat.



Hybrid Conditioning

Workout C

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.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Hybrid Conditioning

Workout C

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 and switch 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.



Hybrid Conditioning

Workout C

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.



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.



Hybrid Conditioning

Workout C

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.



Lying 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 C

Atomic Pushup

- 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.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



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.



Hybrid Conditioning

Workout C

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.



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

www.FinisherFreaks.com - The OFFICIAL Workout Finishers Inner Circle

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



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I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin