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# METABOLIC SHOCK 2.0



**MIKE WHITFIELD, CTT**

**Welcome from Mike Whitfield & Workout Finishers**



It's hard to believe that Metabolic Shock was such a great hit that it's already time for a sequel. And with these NEW insane methods, your body will get the shock it's been looking for to burn off stubborn fat.

It all starts with the Metabolic Ladder in Workout A with the 4-exercise circuit done ladder style (which is fun, but TOUGH).

Then you'll combine the power of gauntlets and density in Workout B. And finally, you'll do a Metabolic Stack of lower body and upper body work followed by a simple but intense finisher in Workout C.

You haven't combined any of these methods before... brace yourself for the shock and have fun!

To your metabolic shock,  
Mike Whitfield, CTT (AKA Mikey)

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

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

[www.facebook.com/WorkoutFinishers](https://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 dietitian. 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](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



### **Metabolic Shock 2.0 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**

Run in Place (20 secs)  
Alternating Prisoner Reverse Lunge (20 secs)  
T Pushups (20 secs)  
Leg Swings (20 secs/side)

**Train 3 days per week.**

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

## Metabolic Shock 2.0 Workout Schedule

### Day 1 – Workout A

1A) Goblet Squat with 1-second pause at the bottom or Bodyweight Squat (30 secs)

1B) DB Row (30 secs/side) or Bodyweight Row (30 secs)

Rest 1 minute and repeat 2 more times

### The Metabolic Shock Ladder:

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. After the ladder, rest 1 minute and move into 3A...

2A) Lateral Jumps (6/side...1/side)

2B) Elevated Pushups (6/side...1/side)

2C) 1-Arm KB or DB Swings (6/side...1/side) or Total Body Extensions (6...1)

2D) Diagonal Ab Wheel Rollout (6/side...1/side) or Spiderman Climb (6/side...1/side)

### Shock Superset Finisher

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

3A) Alternating Crossover Step-up or Lateral Lunge (8/side)

3B) Renegade Row (8/side) or BW Renegade Row (8/side)

### Stretch as needed

### Day 2 – Recovery day and light activity

## **Metabolic Shock 2.0 Workout Schedule**

### **Day 3 – Workout B**

#### **Metabolic Shock Density Circuit**

Do the following circuit as many times as possible in 10 minutes, resting only when needed. After the 10 minutes are up, rest 1 minute and move into 2A...

1A) DB Chest-Supported Row or Bodyweight Row or Strap Row (8)  
1B) DB Push Press or Pike Pushup (8)  
1C) 1-Leg Romanian Deadlift or Bodyweight Romanian Deadlift (8/side)  
AMAP in 10 minutes

2A) DB Step-up or Bodyweight Lunge (30 secs/side)  
2B) DB Chest Press (1-1/2 rep style) or Pushups (30 secs)  
2C) Extended Side Plank Row or Extended Side Plank (30 secs/side)  
Rest 1 minute and repeat 2 more times

#### **Shock Gauntlet**

3A) Box or Bench Jumps or Total Body Extensions (20 secs)  
3B) Plank to Triceps Extension (20 secs)  
3C) Box or Bench Jumps or Total Body Extension (20 secs)  
3D) Stability Ball Jackknife or Mountain Climbers (20 secs)  
Rest 1 minute and repeat 2 more times

#### **Shocking Minute to Minute Finisher**

Do the following circuit ONE time.

4A) Alternating Lateral Lunge (1 minute)  
4B) Inverted Row or Strap Row or Bodyweight Row (1 minute)  
4C) Sprinter Step-ups or Run in Place (1 minute)

**Stretch as needed**

### **Day 4 – Recovery day and light activity**

## **Metabolic Shock 2.0 Workout Schedule**

### **Day 5 – Workout C The Half and Half Shock**

#### **Lower Body**

1A) DB Split Squat (1-1/2 rep style) or Bodyweight Split Squat (40 secs/side)

1B) X-Body Mountain Climber w/Feet Elevated (40 secs)

1C) Good-Morning or Prisoner Good-Morning (40 secs)

Rest 1 minute and repeat 2 more times

#### **Upper Body**

2A) BB or DB Overhand Grip Row or Strap or Bodyweight Row (30 secs)

2B) DB Incline Neutral Grip Chest Press or Pushups (30 secs)

2C) Incline DB Curl or Bicep Curl (or skip if you don't have DBs) (30 secs)

2D) Bodyweight Tricep Extension or Overhead Tricep Extension or Close-Grip Pushups (30 secs)

2E) DB Rear Lateral Raise (skip if you don't have DBs) (30 secs)

Rest 1 minute and repeat 2 more times

#### **Shock Conditioning Circuit**

3A) Jump Rope or Jumping Jacks (20 secs)

3B) Total Body Extension (20 secs)

3C) Hand Step-ups or Hand Walk-outs (20 secs)

Rest 20 secs and repeat 2 more times

#### **Finisher**

Do the following 5 times:

4) KB or DB Swings or Total Body Extensions (20 secs), rest 10 secs

**Stretch any tight muscles**

**Days 6 and 7 – Recovery day and light activity**



## Metabolic Shock 2.0

<b>Workout C</b>												
1A) Goblet Squat w/1-sec Pause (30s)												
1B) DB Row (30s/side)												
2A) Lateral Jumps (6/side...1/side)												
2B) Ele PU (6/side...1/side)												
2C) 1-Arm Swings (6/side...1/side)												
2D) Diagonal RO (6/side...1/side)												
<b>Finisher – AMAP in 4 Mins</b>												
3A) Alt Crossover Step-up (8/side)												
3B) Renegade Row (8/side)												
<b>Workout B</b>												
AMAP in 10 Mins (1A – 1C)												
1A) DB CSR (8)												
1B) DB Push Press (8)												
1C) 1-Leg RDL (8/side)												
2A) DB Step-up (30s/side)												
2B) DB Chest Press (1-1/2) (30s)												
2C) Ext Side Plank Row (30s/side)												
3A) Box/Bench Jumps (20s)												
3B) Plank to Tri Ext (20s)												
3C) Box/Bench Jumps (20s)												
3D) SB Jackknife (20s)												
4A) Alt Lat Lunge (1 min)												
4B) Inv Row or Strap Row (1 min)												
4C) Sprinter Step-ups (1 min)												

## Metabolic Shock 2.0

Workout C												
1A) DB Split Squat (1-1/2) (40s/side)												
1B) X-Body w/Feet Ele (40s)												
1C) Good-Morning (40s)												
2A) Overhand Grip Row (30s)												
2B) DB Incline NG Press (30s)												
2C) Incline DB Curl (20s)												
2D) Tricep Extension (30s)												
2E) DB Rear Lat Raise (30s)												
3A) Jump Rope (20s)												
3B) TBX (20s)												
3C) Hand Step-ups (20s)												
4) KB/DB Swings (20s), rest 10s – 5X												

**NOTE – Refer to the day-to-day schedule for bodyweight substitutions**

## **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.

#### **Run in Place**

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



#### **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.



### Warm-up

#### 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.



#### Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



## **Workout A**

### **Goblet Squat with 1-Sec Pause**

- 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.
- Hold the bottom position for 1 second.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.





## **Workout A**

### **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.



### **DB Row**

- Rest the left hand flat 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.



## **Workout A**

### **Bodyweight Row**

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



### **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.



## **Workout A**

### **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.



### **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 A

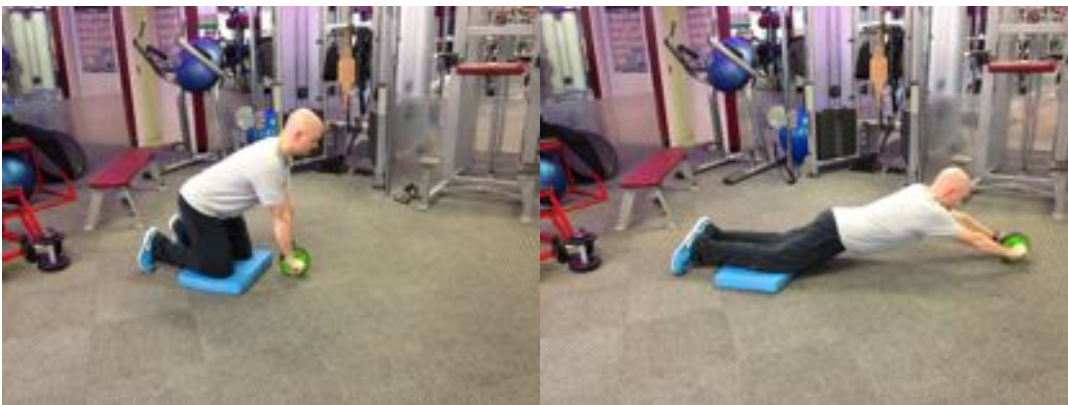
### Total Body Extension

- 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.**



### Diagonal 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 at a diagonal angle.
- Keep your abs braced, and contract them maximally to come back up to the start.
- If alternating, go to the other side. If not, do all reps on one side and then switch.



## **Workout A**

### **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.



### **Alternating 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



## Workout A

### Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbells at your side (optional)
- 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.



### 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



### Workout A

#### **Bodyweight Renegade Row**

- Assume the pushup position with your arms fully extended.
- Keep your abs braced
- Complete a row by bringing up your hand towards your abs.
- Alternate sides and repeat





## **Workout B**

### **DB Chest Supported Row**

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



### **Bodyweight Row- (see above)**

## **Workout B**

### **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.



### **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.



## **Workout B**

### **Pike Pushup**

- Put your feet on a high box.
- Put your hands on the floor, and bring them as close to the box as you can while piking your hips as high in the air as possible.
- This allows your upper body to be upright and allows you to work your shoulders and triceps as hard as possible.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders and triceps to return to the start 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.



## **Workout B**

### **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.



### **DB 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 B**

### **Bodyweight 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.



### **DB Chest Press (1-1/2 Rep Style)**

- 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 until your arms are halfway extended. Then bring them back down. Finally, press them all the way up. That's one rep.
- Squeeze your chest muscles together as you press the dumbbells up.



## **Workout B**

### **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.



### **Extended Side Plank Row**

- 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.
- Grab a cable pulley handle pull it towards your side with your arm tucked, contracting your back muscles.
- Repeat as necessary.



## **Workout B**

### **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.



### **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



### **Total Body Extensions – (see above)**



## **Workout B**

### **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.



### **Box or Bench Jumps – (see above)**

### **Total Body Extensions – (see above)**

### **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.



## **Workout B**

### **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.



### **Alternating Lateral Lunge (aka Side Lunge)**

- Stand with feet shoulder-width apart holding dumbbells at your side (optional)
- 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.



## **Workout B**

### **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.



**Strap Row – (see above)**

**Bodyweight Row – (see above)**

### **Sprinter 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



**Run in Place – (see above)**



## **Workout C**

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

- 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.
- Note – 1-1/2 method is when you go halfway up, then back down, then finally, all the way back up... that's one rep.
- Perform all reps for one leg and then switch.



### **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.



## Workout C

### Good Morning

- The Good Morning is very similar to the Romanian Deadlift.
- However, instead of holding the weight in your hands, you'll place the barbell on your back. But the movement of the hips is the same.
- Be very conservative with this exercise. Do not perform the Good Morning if your lower back is injured, weak, or compromised in any manner.
- Rest a barbell on your upper back. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Focus on pushing your butt back while keeping the knees stationary and keeping your back flat. Stop the movement before your back starts to round.
- Squeeze your butt and hamstrings and drive your hips forward to stand up.
- Perform each rep with 100% concentration. Do NOT round your lower back.
- Another version of this is using a dumbbell held against the chest during the movement.





### **Workout C**

#### **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



#### **BB Overhand Grip 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.
- Use overhand grip if prescribed.



### **Workout C**

#### **DB Overhand Grip 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.



#### **Strap Row – (see above)**

#### **Bodyweight Row (see above)**

#### **DB Incline Neutral Grip Chest Press**

- Hold two dumbbells in front of your chest with your palms facing each other while lying on an incline bench.
- Push the dumbbells straight up using your chest, shoulders and triceps.
- Slowly return to the starting position.
- Repeat as necessary.



#### **Pushup – (see above)**

### **Workout C**

#### **Incline DB Curl**

- Lie on an incline bench 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.
- Can be used with a hammer grip (as shown) or palms facing up.



#### **Bicep 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.





### **Workout C**

#### **Bodyweight Tricep Extension**

- Lean forward against a bar set up at just above hip height.
- Keep your body in a straight line and your arms just wider than shoulder width apart.
- Slowly bend your elbows and lower your body to the bar.
- Contract your triceps and press back to the start position.



#### **Overhead Tricep Extension**

- Hold a DB in both hands directly over your head.
- Slowly lower the dumbbell behind your head by bending your elbows, and try to point your elbows towards the ceiling.
- Pause briefly at the bottom of the motion, and then extend your arm using your triceps to raise the dumbbell back to the start.





### **Workout C**

#### **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.



#### **DB Rear Lateral 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 C**

### **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



### **Total Body Extension – (see above)**

### **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.



### **Workout C**

#### **Hand Walk-out**

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



#### **KB/DB Swings**

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



#### **Total Body Extension – (see above)**

## More Resources to Fat-Torcing 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

[www.FinisherFreaks.com](http://www.FinisherFreaks.com) - The OFFICIAL Workout Finishers Inner Circle

- ✓ 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**