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MEATHEAD FREAKS

THE FREAKY COMBINATION OF
MEATHEAD WORKOUTS
AND FINISHERS



MIKE WHITFIELD, CTT

Welcome from Mike Whitfield & Workout Finishers



Ohhhh baby are you in for a treat. You like meathead workouts (of course, who doesn't?). You love finishers. Hey, you even love conditioning. I put all of these into a blender and out came "Meathead Freaks".

Every meathead workout ends with a tough finisher, including the big challenge after Workout C. Not only that, but you'll also get an optional 4th day set aside for conditioning. So if you're looking to make your muscles pop and lose belly fat at the same time. **This is YOUR program.**

It all starts with the 5 X 5 system in Workout A. Then there's the real classic meathead moves in Workout B including the Bicep 21's and Tricep Pushdowns (with substitutions of course). You'll even do the old-school "Farmer's Walk" in Workout C.

Finally, with Workout D, you'll get shredded as you start that workout with a density superset followed by a wicked circuit using the 20-10 method.

It's the best of all the worlds in this new Finishers Freak program.

So go ahead... get freaky,
Mikey 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 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
- 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.



Meathead Freaks 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

Alternating Diagonal Lunge (8/side)
Arm Crosses (15)
Prisoner Good-Morning (12)
SCREACH (6/side)

Train 3 days per week, with the optional 4th day for conditioning.

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

Meathead Freaks Workout Schedule

Day 1 – Workout A

Specific Warm-up Sets after main warm-up:

Do 2 sets of 8 reps using HALF the weight you plan to use in the “working” sets of the squat, resting for 1 minute between warm-up sets. Then move into the main workout.

1) Barbell Squat or Goblet Squat (5)

Rest 1 minute and repeat 4 more times for a total of 5 sets.

2A) DB Reverse Lunge from a Deficit (8/side)

2B) Hanging Knee Raise (10)

Rest 1 minute and repeat 2 more times

3A) BB or DB Good-Morning (10)

3B) *Extended Side Plank with Cable Row (10/side) or Extended Side Plank (30 secs/side)

Rest 1 minute and repeat 2 more times

* If doing the Extended Side Plank with Cable Row, take 1 second to bring it in and 2 seconds to lower the weight

Finisher

4A) **Lunge Jumps (20 secs), rest 10 secs – Do this 4 times, then...

4B) ONE Regular Plank to failure (try to improve your time each week)

** Do the Lunge Jumps at the fastest tempo possible but under control.

Stretch as needed

Day 2 – Recovery day and light activity

Meathead Freaks Workout Schedule

Day 3 – Workout B

1A) DB Row (6/side)

1B) Triple Press (6 per movement)

Rest 1 minute and repeat 2 more times

2A) V-Grip Pulldown (8) or Close-Grip Inverted Row or Strap Row (2 reps short of failure)

2B) 1-Arm DB Shoulder Press (8/side)

Rest 1 minute and repeat 2 more times.

3A) Bicep 21's (7 per movement)

3B) Tricep Pushdowns (15) or Close-Grip 3/4th Rep Pushups (2 reps short of failure)

Rest 1 minute and repeat 2 more times

Finisher

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

4A) Divebomber Pushups (5)

4B) Bench Vault (5/side)

Stretch as needed

Day 4 – Recovery day and light activity

Meathead Freaks Workout Schedule

Day 5 – Workout C

1A) Snatch-Grip Deadlift or DB Squat (8)
1B) Ab Wheel or Stability Ball Rollout with a 5-second eccentric (6)
Rest 1 minute and repeat 2 more times

* Take 5 seconds to bring the ball or ab wheel back in

2A) DB Walking Lunge (12/side)
2B) Cable Chest Press or DB Chest Press (12)
Rest 1 minute and repeat 2 more times

3A) 1-Arm Cable Raise (10/side) or DB Rear Lateral Raise (10)
3B) Farmers Walk (20 secs)
Rest 1 minute and repeat 2 more times

Finisher

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

4A) Box or Bench Jumps (8...1)
4B) Explosive Pushups or Decline Pushups (8...1)
4C) Crossover Step-up (8/side...1/side)

Stretch any tight muscles

Meathead Freaks Workout Schedule

Day 6 – Workout D (Optional Conditioning Day)

Do the following superset as many times as possible in 10 minutes, resting when needed. Remember – if your form gets sloppy, you have to stop and take a break! Once the 10 minutes are up, rest 1 minute and move into the 20-10 Conditioning Circuit.

1A) Renegade Row (10/side)

1B) KB or DB Swings (20)

Repeat as many times as possible in 10 minutes, then rest 1 minute. Then..

The 20-10 Conditioning Circuit

Do the following circuit ONE time, resting as shown. So you'll do the switch lunge for 20 seconds followed by 10 seconds of rest. Then you'll do that 3 more times for a total of 4 rounds. Then, you'll do the X-Body MC w/Feet Elevated, etc.

2A) *Switch Lunge (20 secs), rest 10 secs – 4X

2B) X-Body Mountain Climber w/Feet Elevated (20 secs), rest 10 secs – 4X

2C) Total Body Extension (20 secs), rest 10 secs – 4X

2D) Hand Step-ups (20 secs), rest 10 secs – 4X

2E) Jumping Jacks (20 secs), rest 10 secs – 8X

Stretch as needed

Day 7– Recovery day and light activity

Meathead Freaks

Workout A												
1) BB or Goblet Squat (5)												
2A) DB Rev Lunge from Deficit (8/side)												
2B) Hanging Knee Raise (10)												
3A) BB or DB Good-Morning (10)												
3B) ES Plank w/ Cable Row or ES (10/side)												
4A) Lunge Jumps (20-10, 4x)												
4B) Plank (to failure)												
Workout B												
1A) DB Row (6/side)												
1B) Triple Press (6 per movement)												
2A) VG Pulldown (8) or Inv Row (2<f)												
2B) 1-Arm DB Shoulder Press (8/side)												
3A) Bicep 21's (7 ea)												
3B) Tricep PD (15) or CG 3/4 th PU (2<failure)												
4A) Divebomber Pushup (5)												
4B) Bench Vault (5/side)												
Workout C												
1A) SG Deadlift or DB Squat (8)												
1B) Ab Wheel or SB Rollout (6)												
2A) DB Walking Lunge (12/side)												
2B) Cable or DB Chest Press (12)												
3A) Cable Raise (10e) or DB Rear Lat Raise (10)												
3B) Farmers Walk (20 sec)												
4A) Box or Bench Jumps (8...1)												
4B) Exp or Decline Pushups (8...1)												
4C) Crossover Step-Up (8/side..1/side)												
Workout D (Optional)												
1A) Renegade Row (10/side)												
1B) KB or DB Swings (20)												
2A) Switch Lunge (20-10, 4x)												
2B) X-body MC w/ feet elev (20-10, 4x)												
2C) Total Body Extension (20-10, 4x)												
2D) Hand Step-ups (20-10, 4x)												
2E) Jumping Jakcs (20-10, 8x)												

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 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.



Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Warm-up

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



Spiderman Climb with a Reach (SCREACH)

- 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.
- As you reach the top of the motion, rotate your upper body to point your arm toward the ceiling.
- Keep your abs braced and slowly return to the start position.
- Alternate sides until you complete all of the required repetitions.



Workout A

Barbell Squat (BB Squat)

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be just outside shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.



Workout A

Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



DB Reverse Lunge from a Deficit

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



Workout A

Hanging Knee Raise

- Grab a pullup bar with an underhand grip with your arms extended.
- Pull your knees up toward your chest while bracing the abs until your thighs are parallel to the ground.
- Slowly return to the starting position.



Workout A

BB or DB 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 A

Extended Side Plank with Cable 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.



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.



Workout A

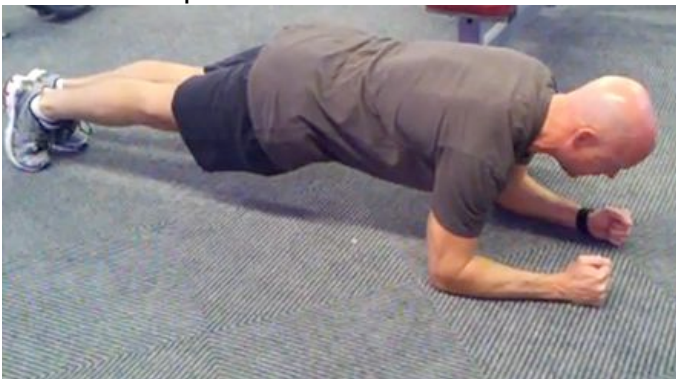
Lunge Jumps

- 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



Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



Workout B

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 B

Triple Press

- You will do a DB Steep Incline Press followed by a DB Incline Press followed by a DB Flat Press. Do all reps for each exercise before moving to the next.
- For the DB Steep Incline Press:
 - Set up a bench with a steep incline – more upright than your regular incline press.
 - Hold the dumbbells above your chest with your palms turned toward your feet.
 - Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.
- For the DB Incline Press:
 - Repeat the press at a low incline position.
- For the DB Flat Press:
 - Repeat the press at a flat position.



Workout B

V-Grip Pulldown

- Attach a V-Grip to a cable.
- Grab the v-grip and pull it down to your chest while squeezing your shoulder blades together.
- Slowly return to the starting position.



Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Workout 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.



1-Arm DB Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



Workout B

Bicep 21's

- Grab a barbell or pair of dumbbells and hold them with your palms up and arms extended in front of you.
- Now curl your arms until your forearms are parallel to the ground and return to the starting position. Do this for 7 reps.
- Then complete 7 reps STARTING with your forearms parallel to the ground and bringing the weight up to your shoulders. Return until your forearms are parallel to the ground. Do this for 7 reps.
- Then with your arms fully extended, bring the weight in towards your shoulders and then slowly return until your arms are full extended again. Do this for 7 reps.



then...



then...



Workout B

Tricep Pushdowns

- Stand in front of a cable machine with a rope or v-handle at chest height and your feet about shoulder-width apart.
- Grab the pulley with an overhand grip and with your abs braced, push down the weight while contracting the triceps.
- Allow the weight to return but under control, still using your triceps.
- Repeat as necessary.



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



Workout B

Divebomber Pushups

- Start with your feet outside shoulder width apart and in the pike pushup position with your glutes in the air.
- Keeping your hands about shoulder width apart, slowly bring your upper body towards the floor while shifting your body forward.
- Keep going and bring your chest up while facing straight ahead.
- Slowly return to the starting position.



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.



Workout C

Snatch Grip Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a wide grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Workout C

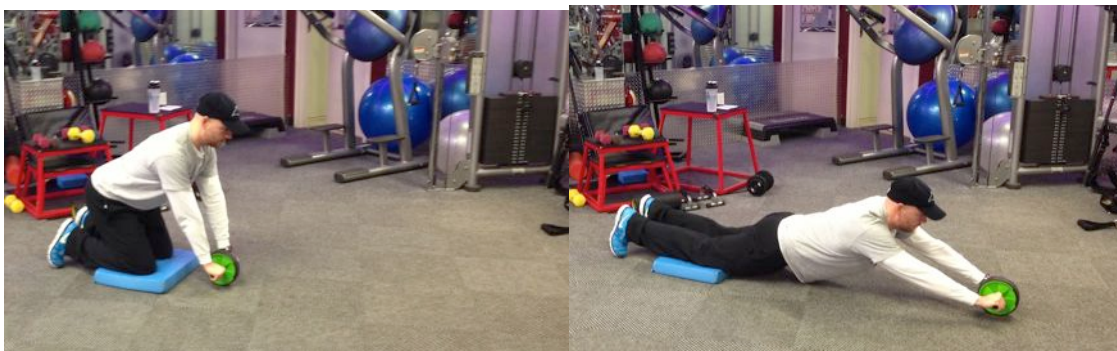
DB Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Keep your low back arched. Do NOT round your low back.



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.



Workout C

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.



DB Walking Lunge

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



Workout C

Cable Chest Press

- Position dual pulleys to chest height and grab the handles.
- Stand around 2 feet in front of the cables (you can also stagger your feet).
- While keeping your abs braced and your upper arm at about a 90 degree angle, press the cables forward.
- Keep your upper body stationary while focusing on the chest, shoulders and triceps.
- Maintain control as you let the weight back in.



DB Chest Press

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



Workout C

1-Arm Cable 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.
- Grab a handle from the low-pulley position of a cable stack.
- Perform a lateral raise, lifting the handle up and out to the side.
- Do all reps for one arm and then switch.



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

Farmers Walk

- Grab a pair of heavy dumbbells
- Walk while keeping your upper body tall and your abs braced.
- If working in a small space, you can walk back and forth.
- This is also a great way to build forearm strength.



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



Workout C

Explosive Pushups (AKA Plyo Pushups)

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



Decline Pushup

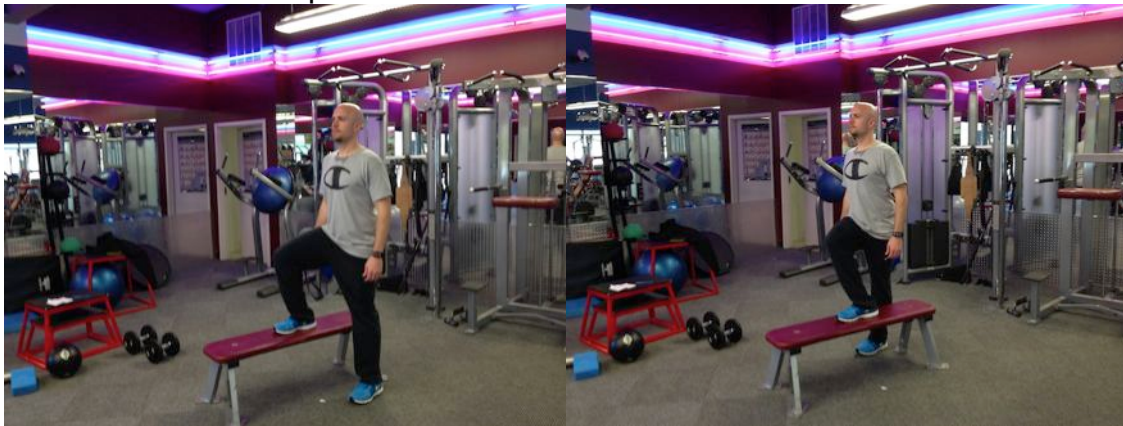
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Workout C

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 D

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



KB/DB Swings

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



Workout D

Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep; repeat for all reps and then switch legs



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 D

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.**



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 D

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



More Resources to Fat-Torcing 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

- ✓ 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