

# MEAT-HEAD CONDITIONING

***GET RIPPED AND JACKED  
AT THE SAME TIME***



**MIKE WHITFIELD, MASTER CTT**

**Welcome from Mike Whitfield & Workout Finishers...**



The “experts” say it can’t be done. But the truth is that it’s simpler than you might think. All you have to do is strategically combine the power of strength training for muscle, and conditioning for fat loss.

Boom. That’s how you get ripped and jacked at the same time.

And being a student of my mentor Craig Ballantyne, I’ve seen the science backing it up. I won’t bore with the sciency stuff, but instead, I’ll show you the goodies that are in store for you inside this new 4-week meathead program.

With every workout, you’ll lift like a meathead to put on lean, chiseled muscle. But you’ll also “drizzle” enough conditioning to melt off the ugly fat.

You start off the week with a big time upper body pump in the first superset alone. The middle of the week is perfect to do two exercises that will smoke your legs and get your heart pumping at the same time. Then you have to battle your way through the rest of it.

Finally, you’ll end the week with a nasty Meathead Complex Conditioning Circuit using the 20-10 approach after a superset that will hit your whole body... not to mention perhaps my best arm finisher yet.

**Lift like a Meathead, get shredded like an athlete,  
Mikey Whitfield, Master CTT**

**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 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](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.

### **Meathead 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.**

#### **Bodyweight Warm-up Circuit**

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

#### **Warm-up**

Split Shuffle (20 seconds)

Alternating Prisoner Lunge (8/side)

SCREACH (Spiderman Climb with a Reach) (5/side)

Total Body Extensions (10)

**Train 3 days per week.**

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

## Meathead Conditioning

### Meathead Conditioning Workout Schedule

#### Day 1 – Workout A

1A) DB Chest Press (8)  
1B) DB Chest-Supported Row (10)  
Rest 1 minute and repeat 2 more times.

2A) \*Chin-ups (Half of your max reps)  
2B) \*Dips or Close-Grip Pushups (Half of your max reps)  
Do the above 8 times, resting only when needed

\*Take your max reps you can do before failure and do HALF of that with each set. Let's say you "max out" at 10. That means you'll do 5 reps with each set.

#### Meathead Kettlebell Conditioning Circuit

3A) KB or DB Renegade Row (8/side)  
3B) KB or DB Swings (10)  
3C) KB or DB Snatch (10/side)  
Rest 1 minute and repeat 2 more times

#### Meathead 2-Minute Ab Finisher

4) Captain Chair Knee Raises or Mountain Climbers (20 secs), rest 10 secs  
Do the above 4 times

**Stretch as needed**

#### Day 2 – Recovery day and light activity for 30 minutes

## Meathead Conditioning

### Meathead Conditioning Workout Schedule

#### Day 3 – Workout B

**Warm-up Set: Do one set of 1A for 6 reps with HALF the planned weight for your working sets.**

##### **Quad Obliteration:**

1A) DB Bulgarian Split Squat (6/side)  
1B) \*Bodyweight Bulgarian Split Squats (fast tempo) (15/side)  
Rest 1 minute and repeat 1 more time

\*Do these as fast as possible, but under control with good form.

2A) DB Romanian Deadlift (8)  
2B) DB Shrugs (8)  
Rest 1 minute and repeat 2 more times

3A) DB Reverse Lunge (10/side)  
3B) Stability Ball Jackknife (12) or Mountain Climbers (8/side)  
Rest 1 minute and repeat 2 more times

##### **Meathead Superset Conditioning**

4A) Box Jumps (6) or Prisoner Jump Squat (6)  
4B) Medicine Ball Slams (10) or DB Chops (5/side)  
Rest 30 seconds and repeat 3 more times

**Stretch any tight muscles**

#### **Day 4 – Recovery day and light activity for 30 minutes**



## Meathead Conditioning

### Meathead Conditioning Workout Schedule

#### Day 5 – Workout C

1A) DB High Pull (6/side)  
1B) DB or BB Shoulder Press (8)  
Rest 1 minute and repeat 2 more times

2A) Rack Pull (10)  
2B) Stability Ball Plank with Arms Extended or Pushup Plank (45 secs)  
Rest 1 minute and repeat 2 more times

#### Meathead Complex 20-10 Circuit

- **Do the following circuit TWICE, resting as shown.**
- **Choose a weight in which you can lift for 25 – 30 seconds for your WEAKEST exercise and use that weight for the entire circuit**

3A) BB or DB Front Squat (20 secs), rest 10 secs (2 times)  
3B) Barbell Row or 2-Arm DB Row (20 secs), rest 10 secs (2 times)  
3C) \*Alternating BB or DB Lunge (20 secs), rest 10 secs (2 times)  
3D) BB Rollout or DB Renegade Crawl (20 secs), rest 10 secs (2 times)

\*If using DBs, hold them against your chest in the “rack” position.

#### Meathead Arm Finisher

- Use a weight in which you can lift for 25 reps before failure.
- Rest for approximately 10-15 seconds, then squeeze out some more reps until failure.
- Repeat until you reach 50 reps.

4A) DB or BB Bicep Curl (50)  
4B) DB or BB Lying Tricep Extensions (50)

**Stretch as needed**

#### Days 6 and 7 – Recovery Day and Light Activity



## Meathead Conditioning

<b>Workout A</b>												
1A) DB Chest Press (8)												
1B) DB CSR (10)												
<b>Do 2A and 2B 8x, rest as needed</b>												
2A) Chin-ups (1/2 max reps)												
2B) Dips or CG PU (1/2 max reps)												
3A) KB/DB Renegade Row (8/side)												
3B) KB/DB Swings (10)												
3C) KB/DB Snatch (10/side)												
4) HKR or MC (20s, rest 10s – 4X)												
<b>Workout B</b>												
1A) DB BSS (6/side)												
1B) BW BSS (fast tempo) (15/side)												
2A) DB RDL (8)												
2B) DB Shrugs (8)												
3A) DB Reverse Lunge (10/side)												
3B) SB Jackknife (12) or MC (8/side)												
4A) Box Jumps (6) or Prisoner JS (6)												
4B) MB Slams (10) or DB Chops (5/side)												
<b>Workout C</b>												
1A) DB High Pull (6/side)												
1B) DB or BB Shoulder Press (8)												
2A) Rack Pull (10)												
2B) SB Plk w/Arms Ext or PU Plank (45s)												
3A) BB or DB Front Squat (20-10, 2x)												
3B) BB Row or 2-Arm DB Row (20-10, 2x)												
3C) Alt BB or DB Lunge (20-10, 2x)												
3D) BB RO or DB Ren Crawl (20-10, 2x)												
4A) DB or BB Curl (50)												
4B) DB or BB Lying Tricep Ext (50)												

## **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.

#### **Split Shuffle**

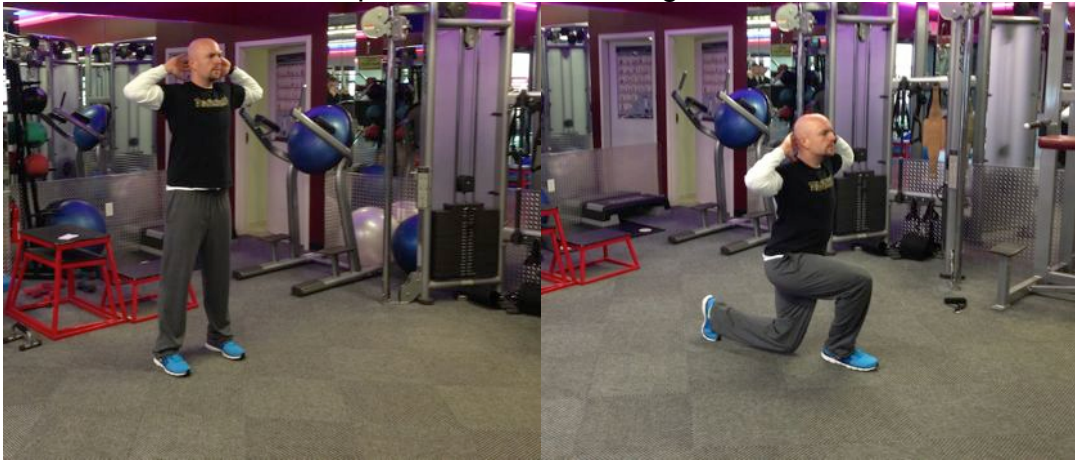
- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some coordination



## Warm-up

### **Alternating Prisoner Lunge**

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position and switch legs.



### **Spiderman Climb with a Reach (SCREAM)**

- 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.



## Meathead Conditioning

### Warm-up

#### **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.**





## Workout A

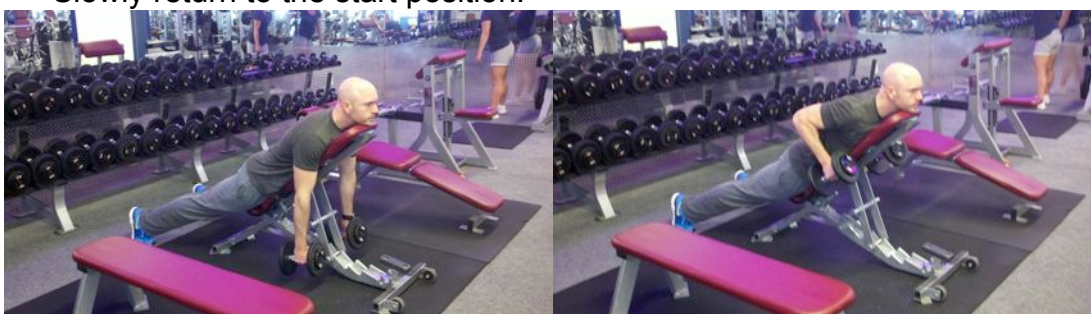
### DB Chest Press

- 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.



### 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.



## Workout A

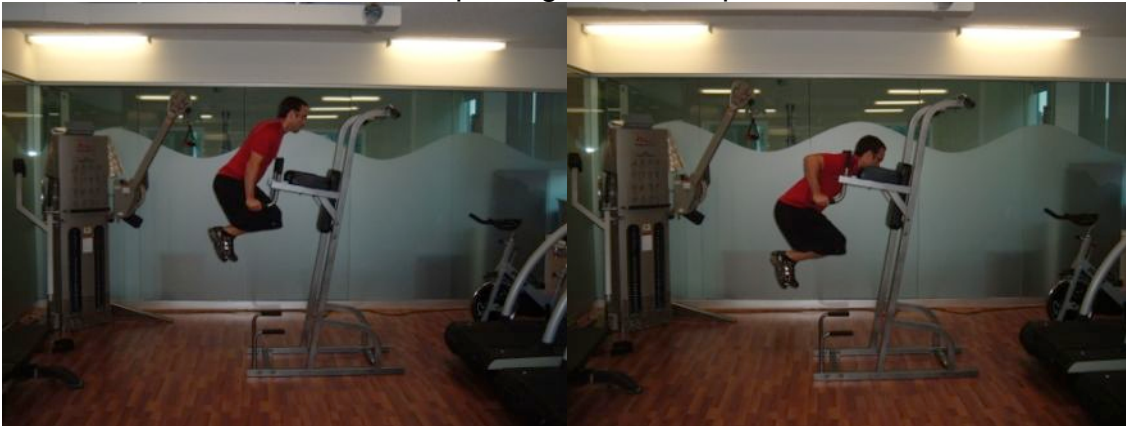
### Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



### Dips

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



## **Workout A**

### **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.



### **KB/DB Renegade Row**

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





**Workout A**

**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 A

#### KB Snatch

- 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.
- Make sure to watch the video for this one.



## Workout A

### 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.



### 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.
- You can also use a Captain Chair for these.



## Meathead Conditioning

### Workout A

#### **Mountain Climbers**

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.





**Workout B**

**DB or BW Bulgarian Split Squat**

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if required.
- 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**

### **DB Romanian Deadlift (RDL)**

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. 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.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



### **DB Shrug**

- Stand with your feet slightly greater than shoulder-width apart.
- Hold the DBs at your sides, with your arms extended.
- Shrug the shoulders straight up. Don't roll your shoulders; just shrug them straight up and down.



## Workout B

### DB Reverse Lunge

- Stand upright 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



### 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.



### **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



## **Workout B**

### **Prisoner Jump Squats**

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



### **Medicine Ball Slam**

- Grab a medicine ball and hold it over your head
- Keeping your abs braced, slam the ball on the ground, keeping a slight bend in your knees and your arms straight
- Repeat as necessary.



**Workout B**

**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.





## Workout C

### DB High Pull

- Hold one dumbbell at arm's length in front of your thigh.
- 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 dumbbell 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 for all reps, then switch sides.



### DB Shoulder Press

- Stand with your feet shoulder-width apart dumbbells at shoulder height.
- Press the dumbbells straight up, keeping the abs braced.
- Under control, bring the dumbbells back to the starting position.
- Repeat as necessary.



## Meathead Conditioning

### Workout C

#### **BB Military Press**

- Hold a barbell at shoulder height with hands slight wider than shoulder-width apart.
- Bend your knees slightly and brace your abs.
- Press the weight up to the top position without momentum.
- Slowly lower and repeat.



### Workout C

#### Rack Pull

- The Rack Pull is the top portion of a Deadlift.
- Be very conservative with this exercise. Do not perform the Rack Pull if your lower back is injured, weak, or compromised in any manner.
- In a squat rack, place the bar on safety pins just above knee height.
- Stand behind the bar with your feet slightly greater than shoulder-width apart and knees slightly bent.
- Grasp the bar with an overhand grip and your hands just outside your legs. Keep your lower back flat and your shoulders back.
- Begin the movement by squeezing your butt and bracing your abs.
- Press through your heels and keep your low back tense as you straighten your body.
- Do NOT ever round your low back in this exercise.
- Keep your back “neutral” (flat) and chest up as you 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 push your hips back. Keep the bar under control and close to the body.
- Do NOT round your lower back.
- Perform each rep with 100% concentration.





### Workout C

#### Stability Ball Plank w/ Arms Extended

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- You can also use a medicine ball
- Brace your abs throughout the entire exercise.



#### Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- 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.
- The lower you are, the more difficult it will be.

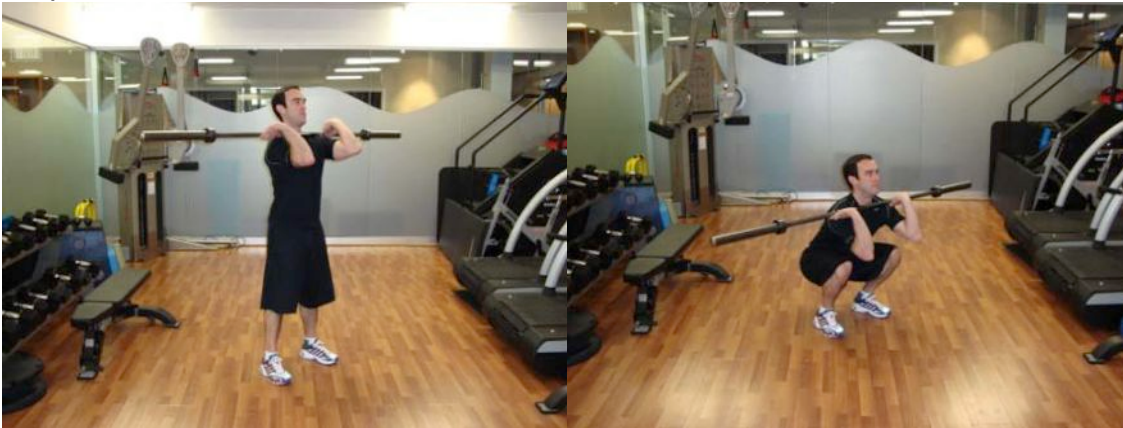




## Workout C

### Barbell (BB) Front Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell the anterior deltoids (shoulders).
- Support the bar in that position by bending your elbows and extending your wrists back. Your elbows should point directly ahead.
- 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 greater than 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 in an arched position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.



### 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



## Workout C

### Barbell (BB) 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.



### 2-Arm DB Row

- Hold a dumbbell in each hand with 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.

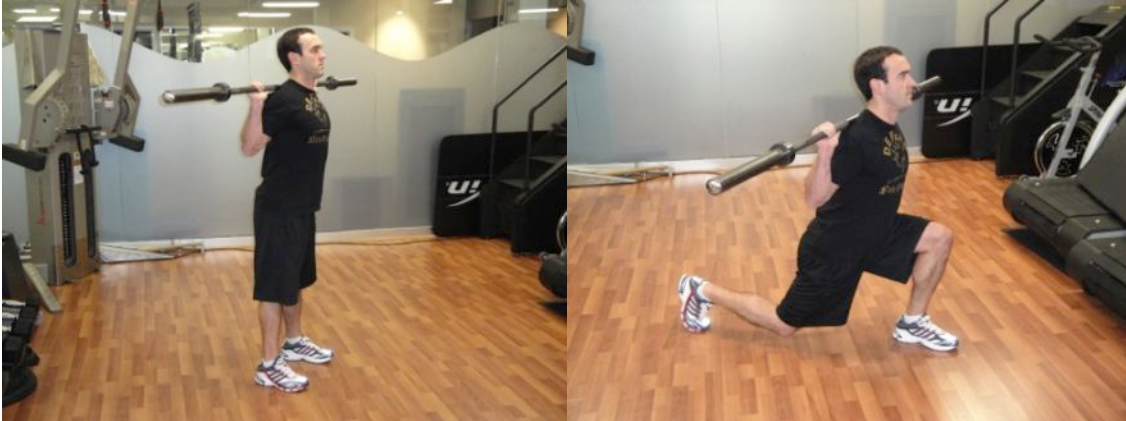




### Workout C

#### **Alternating Barbell Lunges**

- Stand with your feet shoulder-width apart. Rest a barbell on your back.
- 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 front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your front leg to return to the starting position.
- Alternate sides and repeat.



#### **Alternating DB Lunge**

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand.
- Step forward with your left 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 left leg to return to the starting position and switch sides.



## Workout C

### Barbell Rollout

- Kneel on a mat and place your hands on the barbell slightly wider than shoulder-width apart.
- Brace your abs and slowly lean forward and roll out while the bar moves away from your body. Keep your body tight and go slow.
- 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 Renegade Crawl

- Start at the top of a pushup position gripping two dumbbells
- Move forward by maintaining a straight line with your body and moving one dumbbell slightly forward and on your toes
- Repeat for the other side
- Maintain a straight line the entire time, keeping your abs braced
- You can also do this with bodyweight!



### Workout C

#### DB 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.



#### Barbell (BB) Bicep Curl

- Hold a barbell at arm's length with a shoulder-width grip.
- Keep your abs braced and curl the barbell up to chest height.
- Slowly lower. Don't bend back. Keep an upright posture.





### Workout C

#### DB 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.



#### Lying Barbell (BB) Triceps Extension

- Lie on your back on a bench.
- Hold the bar above your chest, with a narrow grip.
- Slowly lower the bar behind your head. Extend your arms back up.



## 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**