

BODYWEIGHT ADRENALINE

20

**HIGH ENERGY
ZERO-EQUIPMENT
CHALLENGES
FOR INSANE
FAT LOSS**



MIKE WHITFIELD, MASTER CTT

Welcome from Mike Whitfield & Workout Finishers



Adrenaline: noun; a hormone that is secreted by the adrenal medulla in response to stress and increases heart rate, pulse rate, and blood pressure, and raises the blood levels of glucose and lipids. It is extracted from animals or synthesized for such medical uses as the treatment of asthma. Chemical name: aminohydroxyphenylpropionic acid; formula: $C_9H_{13}NO_3$ US name **epinephrine**

In other words, it's AWESOME.

You'll love these adrenaline workouts that use no equipment, too. Your heart will pound as you go through every single fat-shredding move after another.

It all starts with the Adrenaline Supersets, where you'll do a strength move and superset it with a conditioning move.

Then you'll crank up the afterburn using the hot method of density training in Workout B.

Finally, you'll end the week with your biggest challenge yet, the new Adrenaline 500 2.0, which includes a gauntlet of Total Body Extensions (it's pretty much the best non-impact conditioning exercise of all time). It's just one circuit... one brutal circuit. But your belly fat will submit to its effect and the challenge will be worth it.

Get your adrenaline rush on,
Mikey "Pancakes" Whitfield, Master CTT

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

www.WorkoutFinishers.com - Get over 50 metabolic finishers you can use with any workout for shocking fat loss results without boring cardio or intervals

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question inside the Workout Finishers Inner Circle at www.FinisherFreaks.com
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Bodyweight Adrenaline 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

Prisoner Squat (10)

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

Leg Swings (15/side)

Plank (20 seconds)

Train 3 days per week.

Follow this workout schedule for 4 weeks and then switch to another “Finisher Freak” program 😊

Bodyweight Adrenaline 2.0 Workout Schedule

Day 1 – Workout A - Adrenaline Supersets 2.0

1A) Triple Stop Pushup (10)
1B) Lunge Jumps (10/side)
Rest 30 seconds and repeat 2 more times

2A) Prisoner Triple Squat (8)
2B) Squat Thrust (12)
Rest 30 seconds and repeat 2 more times

3A) Spiderman Climb (10/side)
3B) Jumping Jacks (40)
Rest 30 seconds and repeat 2 more times

Adrenaline Superset Ladder Finisher

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

4A) Alternating Diagonal Lunge (8/side...1/side)
4B) Chest Tap Pushup (or Regular Pushups) (8...1)

Stretch as needed

Day 2 – Recovery day and light activity

Bodyweight Adrenaline 2.0 Workout Schedule

Day 3 – Workout B - Adrenaline Sick 6 Density

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

- 1A) Split Squat (1-1/2 rep style) (6/side)
- 1B) 1-Arm Extended Pushup (6/side)
- 1C) Alternating Prisoner Reverse Lunge (6/side)
- 1D) Mountain Climbers (6/side)

Sick 6 Conditioning

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

- 2A) Burpee/X-Body Mountain Climber Combo (6)
 - 2B) Narrow-Stance Bodyweight Squat (6)
 - 2C) Skater Hops (6/side)
 - 2D) Bodyweight Chop (6/side)
- Rest 1 minute and repeat 2 more times

Adrenaline Density Finisher

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

- 3A) Jump Squat (3)
- 3B) T Pushups (3/side)
- 3C) Shuttle Sprint (back and forth 3 times)

Stretch as needed

Day 4 – Recovery day and light activity

Bodyweight Adrenaline 2.0 Workout Schedule

Day 5 – Workout C - The Adrenaline 500 2.0

Do the following circuit ONE time, resting only when needed. If your form gets sloppy, you MUST stop and rest. Each week, try to beat your previous time to complete this workout.

Prisoner Switch Lunge (20/side)
Hand Walk-Outs (20)
Sumo Bodyweight Squat (50)
Offset Pushups (25/side)
Lateral Jumps (10/side)
Plank to Triceps Extension (20)
Total Body Extensions (50)
Burpee (10)
Total Body Extension (50)
Bodysaw (40)
Total Body Extension (50)
X-Body Mountain Climber (25/side)
Total Body Extension (50)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Bodyweight Adrenaline 2.0

Workout A												
1A) Triple Stop Pushup (10)												
1B) Lunge Jumps (10/side)												
2A) Prisoner Triple Squat (8)												
2B) Squat Thrust (12)												
3A) Spiderman Climb (10/side)												
3B) Jumping Jacks (40)												
4A) Alt Diag Lunge (8/side...1/side)												
4B) Chest Tap/Regular PU (8...1)												
Workout B												
1A – 1D AMAP in 10 Minutes												
1A) SS (1-1/2 rep style) (6/side)												
1B) 1-Arm Extended PU (6/side)												
1C) Alt Pri Rev Lunge (6/side)												
1D) MC (6/side)												
2A – 2D (AMAP in 10 Minutes)												
2A) Burpee/X-Body MC (6)												
2B) NS BW Squat (6)												
2C) Skater Hops (6/side)												
2D) BW Chop (6/side)												
Finisher – AMAP in 3 Minutes												
3A) Jump Squat (3)												
3B) T Pushups (3/side)												
3C) Shuttle Sprint (back and forth 3X)												

Bodyweight Adrenaline 2.0

Workout C												
Adrenaline 500 – 1X through												
Prisoner Switch Lunge (20/side)												
Hand Walk-outs (20)												
Sumo BW Squats (50)												
Offset Pushups (25/side)												
Lateral Jumps (10/side)												
Plank to Tri Extension (20)												
TBX (50)												
Burpee (10)												
TBX (50)												
Bodysaw (40)												
TBX (50)												
X-Body MC (25/side)												
TBX (50)												

Exercise Descriptions

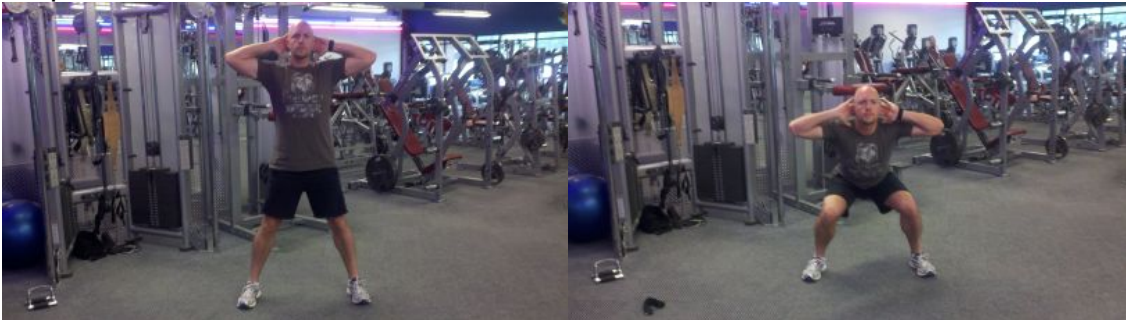
Warm-up

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.

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Pushup

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

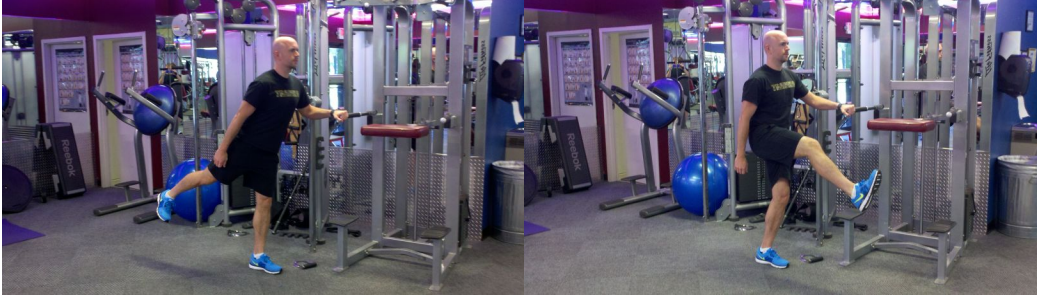


Bodyweight Adrenaline 2.0

Warm-up

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.



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 A

Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



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



Workout A

Prisoner Triple Squat

- Stand with your feet just outside shoulder-width apart, fingers interlaced behind your head and your elbows back. Keep your shoulder blades squeezed together.
- Lower into a prisoner squat, pausing for one second halfway down, pausing for one second at the bottom and then again halfway back up.
- Push through the heels of your feet and focus on driving your hips back.



Squat Thrusts

- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



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.



Jumping Jacks

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



Workout A

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.



Chest Tap 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.
- Explosively push through your chest, shoulders and triceps with enough momentum to tap your chest.
- Drop back into another pushup and repeat.
- Keep your abs braced throughout the movement.



Pushup – see above

Workout B

Split Squat (1-1/2 rep style)

- Stand with your feet shoulder-width apart (with or without dumbbells).
- 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.
- Come up ONLY halfway, pause, then lower to the bottom again.
- 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. That's ONE reps.
- Perform all reps for one leg and then switch.



Workout B

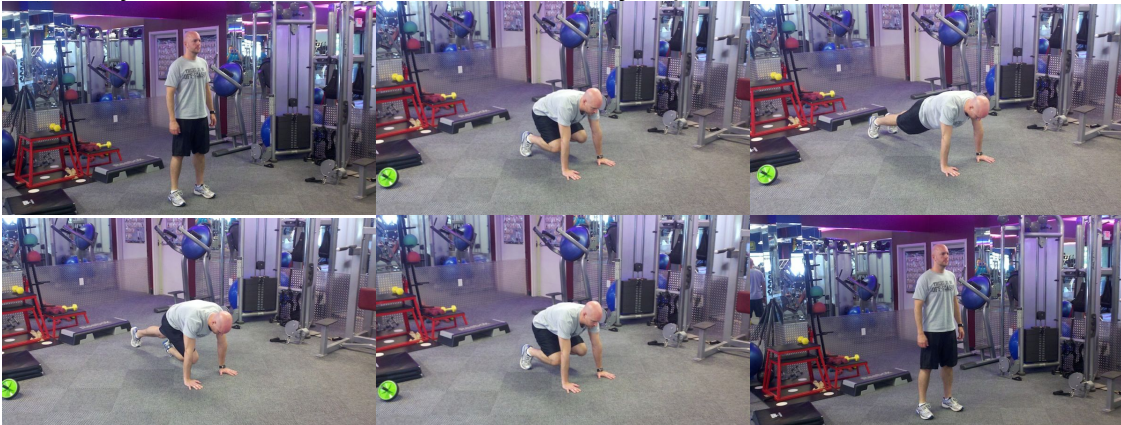
Mountain Climbers

- 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.



Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



Workout B

Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet **NARROWER** than hip-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.



Skater Hops

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



Workout B

Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



Jump Squats

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



Workout B

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.



Suicide Drill (aka Shuttle Sprints)

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground.
- Repeat as necessary until time is up



Workout C

Prisoner Switch Lunge

- Stand with your feet shoulder width apart, with your hands behind your head, squeezing your shoulder blades together.
- 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.



Hand Walk-out

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you by moving each hand about 6-8 inches out further in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



Workout C

Sumo Squat

- Stand with your feet wide and your toes slightly angled out.
- Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.
- Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.



Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.



Workout C

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.



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.



Workout C

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.**



Burpees

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



Workout C

Total Body Extension (see above)

Bodysaw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



Total Body Extension (see above)

X-Body Mountain Climber

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



Total Body Extension (see above)

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

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

- ✓ 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