

www.WorkoutFinishers.com

ANABOLIC FINISHERS



**Gain muscle
without
the fat**

MIKE WHITFIELD, CTT
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Anabolic Finishers

A message from Mike Whitfield, CTT



The # 1 fear of those wishing to put on lean muscle is putting on the flab as well.

That's the whole idea behind Anabolic Finishers. With these short, intense and effective anabolic finishers, you'll be able to pack on muscle, while keeping the fat at bay.

After all, what's the point of gaining 15 lbs of muscle if you're going to gain 10 lbs of fat?

These unique anabolic finishers will leave you drained, but set your body up to hang onto muscle while burning fat. You'll also skyrocket your conditioning, allowing you to pack on muscle without struggling to get up the stairs.

Have fun, and train hard.

**Finish strong,
Mike Whitfield (Mikey), CTT**

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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 (formerly known/also known as Reflections Fitness) 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.
- 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.



Anabolic Finishers

- Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

Things to Remember

A “superset” is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

1A) Body Squats (10)

1B) Push-ups (10)

Do the above superset 3 times with 30 secs of rest between supersets.

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A “circuit” is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following finisher:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

Do the above circuit 4 times, resting for 1 minute between circuits

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

Upper Body Finishers

Finisher # 1 – Pushin’ and Pullin’

Do the following superset 3 times, resting for 20 seconds between supersets

- 1A) Triple Pushup (30) (10 Decline, 10 Close-Grip, 10 Normal)
- 1B) DB Piston Row (15/side)

Finisher # 2 – Anabolic Tres

Do the following circuit 6 times, resting for 20 seconds between circuits

- 1A) Burpee/Chinup Combo (3)
- 1B) Spiderman Climb (3/side)
- 1C) Close-Grip Pushups (3)

Finisher # 3 – Nifty 50

Do the following superset twice, resting for 30 seconds between supersets

- 1A) Inverted Rows w/1 second pause at the top (10)
- 1B) Alternating 1-Arm DB Chest Press (20/side)

Upper Body Finishers

Finisher # 4 – Upper Complexicated

Use a barbell with no weight for this or choose a light weight

Do the following barbell complex one time, resting only when needed. Time yourself.

The next time you perform this finisher, try to beat your previous time

- 1A) BB Chest Press (50)
- 1B) BB Bent-Over Row (40)
- 1C) BB Military Press (30)

Finisher # 5 – Pulling the Heart

Do the following circuit as many times as possible in 5 minutes, resting ONLY when needed:

- 1A) Burpee/Pullup Combo (5)
- 1B) Mountain Climbers (30/side)
- 1C) Pull-up w/Knee-up (3)
- 1D) Jumping Jacks (30)

Finisher # 6 – Pull Over and Push

Do the following superset, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps. Continue in this fashion until you complete 1 rep of each exercise. Use a weight you can lift for 15 reps.

- 1A) DB Pullover (8, 7... 1)
- 1B) Explosive Pushups (8, 7... 1)

Lower Body Finishers

Finisher # 7 – Lunge, Breathe and Swing

Do the following circuit twice, resting for 30 seconds between circuits

- 1A) Bodyweight Walking Lunge (15/side)
- 1B) Burpees (15)
- 1C) KB/DB Swings (15)

Finisher # 8 – Squattin' Singles

Do the following exercise 4 times, resting for 20 seconds between sets

Choose a weight that you can lift for 20-25 reps

Single Arm DB Squat & Press (15/side)

Finisher # 9 – Climbing Bulgarians

Do the following superset 3 times, resting for 30 seconds between circuits

- 1A) Bodyweight Bulgarian Squats (15/side)
- 1B) Mountain Climbers (25/side)

Lower Body Finishers

Finisher # 10 – Jumping and Chopping

Do the following superset as many times as possible in 5 minutes.

- 1A) Lunge Jumps (5/side)
- 1B) Chops (8/side)

Finisher # 11 – The Goblet Gauntlet

Do the following circuit as shown one time, resting only when needed:

- 1A) Goblet Narrow-Stance Squat (20)
- 1B) Squat Thrusts (10)
- 1C) Goblet Switch Lunge (10/side)
- 1D) Skater Hops (10/side)
- 1E) Goblet Squat (20)

Finisher # 12 – Prisoner Style

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

- 1A) Prisoner Jump Squat (5)
- 1B) X-Body Mountain Climber (5/side)
- 1C) Prisoner Lunge (5/side)
- 1D) Burpees (5)

Total Body Finishers

Finisher # 13 – Burpin', Extendin', and Elevatin'

Do the following circuit twice, resting for 30 seconds between circuits

- 1A) Burpee Pull-up Combo (10)
- 1B) Total Body Extensions (20)
- 1C) Elevated Pushups (12/side)

Finisher # 14 – Spider Swinging

Do the following superset as many times as possible in 5 minutes.

- 1A) Spiderman Pull-ups (3/side)
- 1B) KB or DB Swings (15)

Finisher # 15 – The Anabolic Renegade

Do the following circuit one time

- 1A) Renegade Row (15/side)
- 1B) Jump Squats (15)
- 1C) Renegade Pushups (20)
- 1D) Bodyweight Walking Lunges (15/side)
- 1E) Renegade Crawl (10/side)

Finisher # 16 – Give Me a Swing and a Push

Do the following circuit 4 times, resting for 20 seconds between circuits

- 1A) DB/KB Swings (20)
- 1B) Explosive Pushups (6)
- 1C) 1-Arm DB/KB Swings (10/side)
- 1D) Pushups (10)

Exercise Library
(Exercises are in order of appearance)
Finishers 1-4

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.



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.



Finishers 1-4

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.



DB Piston Row

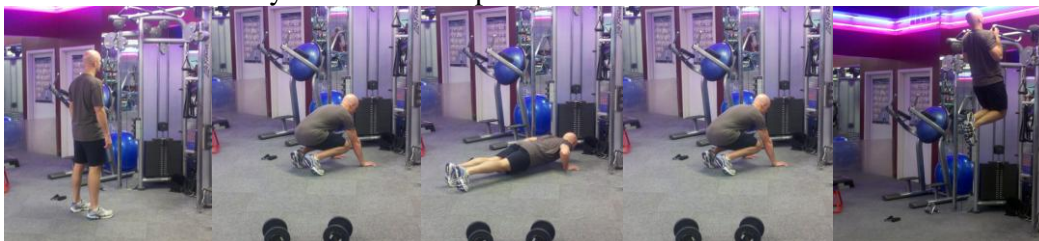
- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you've done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



Finishers 1-4

Burpee/Chin-up Combo

- 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. Do a push-up, then thrust your feet back in and then finish with a jump or standing up.
- Perform a chin-up by grabbing the chin-up bar with an underhand grip.
- Pull your chest up to the bar, trying to keep the momentum of your legs under control
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



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.



Finishers 1-4

Close-Grip Pushups – see above

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.



Alternating 1-Arm DB Chest Press

- Hold both dumbbells above your chest with your palms turned toward your feet.
- Lower one dumbbell to chest level – while keeping the other dumbbell pressed up.
- Pause briefly and press the dumbbell straight up above the chest. Alternate sides.



Finishers 1-4

BB Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a medium-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows close to your sides, lower the bar straight down to the bottom of your chest.
- Pause briefly and then press the bar back up above the chest in a straight line.



BB Bent-Over Row

- Stand with your torso bent and parallel to the floor.
- 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.



Anabolic Finishers

Finishers 1-4

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.



Finishers 5-8

Burpee-Pullup Combo

- 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. Do a push-up, then thrust your feet back in and then finish with a jump.
- Land your jump and then move over to the pull-up bar. Do NOT jump up to the bar.
- Grasp the bar with an overhand, wide grip. Pull your chest up to the bar.
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



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Finishers 5-8

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.



Pull-up With Knee-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up. Keep your abs braced at all times in this exercise.
- As you do the pull-up bring your knees to your chest.
- This will make the pullup easier, but also work your abs.
- SLOWLY lower yourself to the bottom position and return your legs to the extended position. This is a strong eccentric contraction on your lower abs.



Finishers 5-8

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



DB Pullover

- Lie on a bench with one dumbbell held in both hands over your chest at arm's length.
- Slowly lower the dumbbell behind your head. Keep a bend in your elbows.
- Feel a stretch in your lats. Pause briefly, then use your lats and chest to bring the dumbbell back to the start position. Keep your abs braced.



Finishers 5-8

Explosive 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



Bodyweight Walking Lunge

- Stand with your feet shoulder-width apart.
- 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.



Anabolic Finishers

Finishers 5-8

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. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



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.



Finishers 5-8

Single-Arm DB Clean & Press

- 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.



Finishers 9-12

Bodyweight Bulgarian Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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.



Finishers 9-12

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



Chops

- Grab a dumbbell, medicine ball or a cable handle (you can do this with bodyweight, too).
- 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.
- Return to the starting position



Finishers 9-12

Narrow-Stance Goblet Squat

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



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



Finishers 9-12

Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- 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 and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



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.



Finishers 9-12

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.



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.



Finishers 9-12

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.



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.



Burpees – see above

Finishers 13-16

Burpee Pull-up Combo – see above

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.**



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.



Finishers 13-16

Spiderman Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar as you bend one leg
- Return to the starting position and repeat with the other leg



KB/DB Swings – see above

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



Finishers 13-16

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.



Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



Finishers 13-16

Bodyweight Walking Lunges – see above

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



DB/KB Swings – see above

Explosive Pushups – see above

Finishers 13-16

1-Arm KB/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.



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.



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.AbFinishers.com - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

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