

A message from Mike Whitfield, CTT



Mike Before



Mike After

Yes, that's me... I've lost 105 lbs. This is why I do what I do. If I can do this, anyone can.

You're going to love these bodyweight finishers. You can burn fat anywhere at any time without any equipment. You can also plug these at the end of your favorite workouts for when the gym is busy.

You don't have to jump on the bike or treadmill and be bored. Use the equipment you already have – your body.

Enjoy, and burn fat anywhere.

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

www.TrainwithFinishers.com - My blog dedicated to finishers

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

www.AbFinishers.com - 33 of the most cutting-edge finishers combined with amazing ab-sculpting exercises to get six-pack abs

www.facebook.com/WorkoutFinishers - Find me on Facebook

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 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.
- 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 Chaos 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!

Bodyweight Chaos Finishers

Bodyweight Finisher # 1 **“Pushing Suicides”**

Do the following circuit as shown one time:

- 1A) Suicide Drill (30 secs), rest 10 secs
- 1B) Spiderman Pushups (30 secs)
- 1C) Suicide Drill (30 secs), rest 10 secs
- 1D) Close-Grip Pushups (30 secs)
- 1E) Suicide Drill (30 secs), rest 10 secs
- 1F) Pushups (30 secs)

Bodyweight Finisher # 2 **“The Climbing Ladder”**

Do the following circuit, resting only when needed. In the first circuit, you will perform 6 reps of each exercise. In the next circuit, you will perform 5 reps. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) Spiderman Climb (6/side, 5/side... 1/side)
- 1B) Jump Squats (6, 5, ... 1)
- 1C) X-Body Mountain Climbers (6/side, 5/side, ... 1/side)

Bodyweight Finisher # 3 **“Too Much Burping in Prison”**

Do the following superset 8 times, resting for 20 seconds between supersets

- 1A) Burpees (4)
- 1B) Prisoner Squats (10)

Bodyweight Finisher # 4 **“Skater Hater”**

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

- 1A) Skater Hops (10/side)
- 1B) Close-Grip 3/4th Rep Pushups (20)
- 1C) Skater Hops (10/side)
- 1D) Alternating Prisoner Lunge (10/side)
- 1E) Skater Hops (10/side)

Bodyweight Chaos Finishers

Bodyweight Finisher # 5 **“Walking and Lunging Around”**

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

- 1A) Walking Lunges (10/side)
- 1B) Decline Pushups (20)
- 1C) Walking Lunges (10/side)
- 1D) Mountain Climbers (20/side)
- 1E) Walking Lunges (10/side)

Bodyweight Finisher # 6 **“Thinking Laterally, Literally”**

Do the following superset 4 times, resting for 20 seconds between supersets:

- 1A) Lateral Jumps (5/side)
- 1B) Triple Stop Pushups (5)

Bodyweight Finisher # 7 **“The Bodyweight High 5’s”**

Do the following circuit 5 times, resting only when needed. Time yourself, the next time you perform this finisher, try to beat your previous time:

- 1A) Prisoner Jump Squat (5)
- 1B) Decline Pushups (5)
- 1C) Burpees (5)

Bodyweight Finisher # 8 **“Spiderman Infatuation”**

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

- 1A) Spiderman Pushups (6/side)
- 1B) Total Body Extension (20)
- 1C) Spiderman Climb (10/side)

Bodyweight Chaos Finishers

Bodyweight Finisher # 9 **“The Density Burp and Jack”**

Do the following superset as many times as possible in 3 minutes:

- 1A) Burpees (10)
- 1B) Jumping Jacks (40)

Bodyweight Finisher # 10 **“Prison Moves”**

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

- 1A) Prisoner Jump Squats (20)
- 1B) Squat Thrusts (20)
- 1C) Alternating Prisoner Lunge (15/side)
- 1D) T-Pushups (15/side)
- 1E) Prisoner Squat (30)
- 1F) X-Body Mountain Climbers (15/side)
- 1G) Alternating Prisoner Lateral Lunge (15/side)

Bodyweight Finisher # 11 **“Countdown Heart Thumper”**

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

- 1A) Jumping Lunges (8/side.... 1/side)
- 1B) Superman Pushups (8/side...1/side)

Bodyweight Finisher # 12 **“Extension Gauntlet”**

Do the following circuit 3 times, resting for 1 minute between circuits:

- 1A) Total Body Extension (20)
- 1B) Pushups (15)
- 1C) Total Body Extension (20)
- 1D) Bodyweight Chops (10/side)
- 1E) Total Body Extension (20)

Exercise Library

(Exercises are in order of appearance)

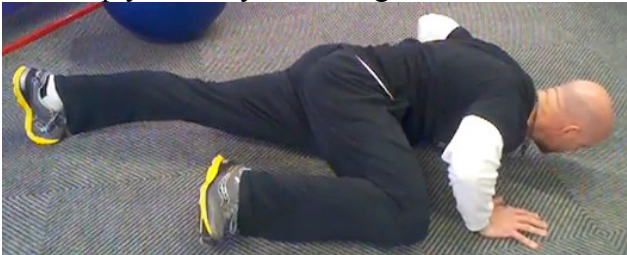
Suicide Drill

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Spiderman Push-up

- 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 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Bodyweight Chaos Finishers

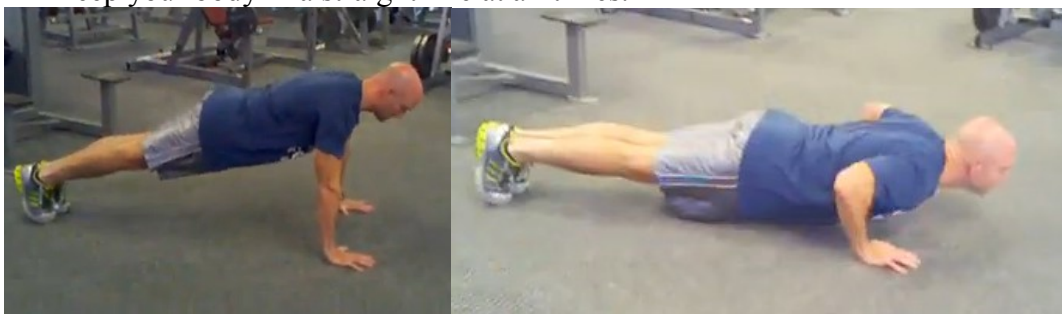
Close-grip Pushup

- 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.



Push-up

- 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 Chaos Finishers

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.



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.



Bodyweight Chaos Finishers

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.



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.



Bodyweight Chaos Finishers

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.



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.



Bodyweight Chaos Finishers

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



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.



Bodyweight Chaos Finishers

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.



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.



Bodyweight Chaos Finishers

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.



Lateral Jump

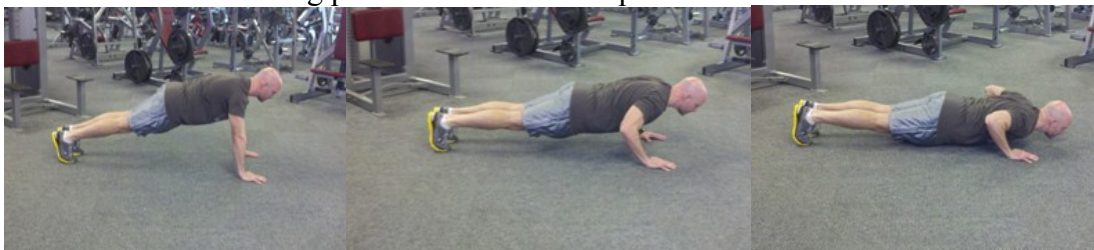
- Stand with your knees bent, abs braced, and hips back.
- You are going to jump back-and-forth over a barrier (optional).
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent and absorb the force with your muscles.



Bodyweight Chaos Finishers

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.



Prisoner Jump Squat

- 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.



Bodyweight Chaos Finishers

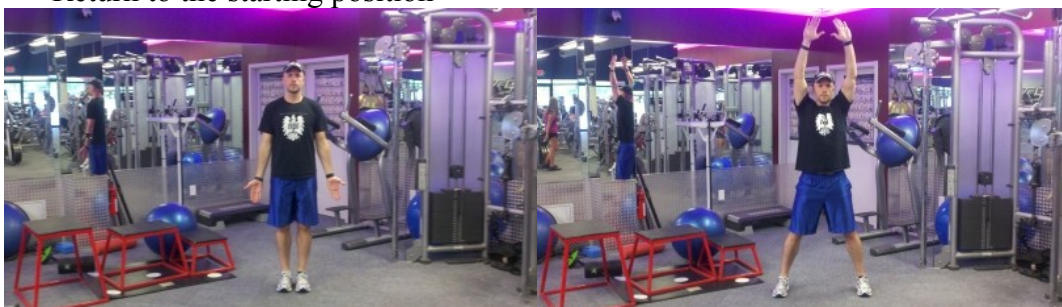
Total Body Extension

- 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.**



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



Bodyweight Chaos Finishers

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



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.



Bodyweight Chaos Finishers

Alternating Prisoner Lateral Lunge

- **Correct photo to come**
- Stand with feet shoulder-width apart keeping your hands behind your head while squeezing your shoulder blades together
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



Jumping Lunges

- 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



Bodyweight Chaos Finishers

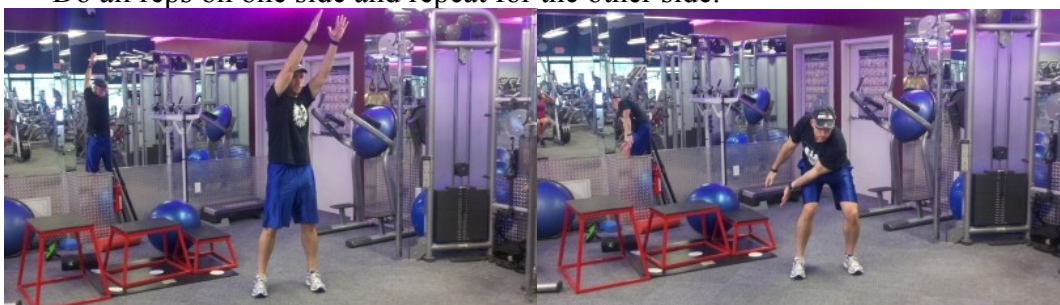
Superman Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



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.



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