

Welcome from Mike Whitfield & Workout Finishers



Mike Before



Mike After

“Crank”... what a cool word.

This metabolic resistance training program is designed to get YOU cranked, along with your metabolism.

My personal favorite in this one is the last superset in workout B, where you will really challenge your abs with the Stability Ball Stir-the-Pot exercise supersetted with the Pushup Side Plank... good times.

Then there's the metabolic conditioning circuit in Workout C that will challenge any fitness enthusiast.

Of course, what's a MRT workout without metabolic finishers? All 3 workouts end with a bang... a metabolic bang.

**Finish Strong,
Mike Whitfield, CTT
Author, Workout Finishers**

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

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

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 on my facebook page here:
www.facebook.com/workoutfinishers
- 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.



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

- 1) Prisoner Squat – 15 reps
- 2) Arm Crosses – 12 reps per side
- 3) Duck Unders – 6 reps per side
- 4) Plank – 30 second hold
- 5) Waiter's Bow – 8 reps
- 6) Close-Grip Pushups – 10 reps
- 7) Leg Swings – 15 reps per side
- 8) Spiderman Climb – 6 reps per side

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

Workout Schedule

Day 1 – Workout A

1A) DB Reverse Lunge (8/side)
1B) 1-Arm DB Incline Chest Press (6/side)
Rest 1 minute and repeat 2 more times

2A) DB Chest Supported Row (8)
2B) Goblet Narrow-Stance Squat (12)
Rest 1 minute and repeat 2 more times

3A) Renegade Pushups (15)
3B) KB or DB Swings (10)
3C) Ab Wheel or Stability Ball Rollout (10)
Rest 1 minute and repeat 2 more times

Finisher – The 3-Minute Doozy

Do the following superset as many times as possible in 3 minutes, resting only when needed:

4A) Low Box or Bench Jumps (8)
4B) Bodyweight Chops (12/side)

Day 2 – Recovery and Light Exercise

Workout Schedule

Day 3 – Workout B

1A) DB Bulgarian Split Squat (8/side)
1B) Iron Cross (30 secs)
1C) Superman Stability Ball Plank (30 secs)
Rest 1 minute and repeat 2 more times

2A) DB Romanian Deadlift (10)
2B) DB Squeeze Press (12)
2C) DB Row (15/side)
Rest 1 minute and repeat 2 more times

3A) Stability Ball Stir-the-Pot (5/side)
3B) Pushup Side Plank (30 secs/side)
Rest 1 minute and repeat 2 more times

Finisher – T-Walk to the Mountain

Do the following circuit twice, resting for 20 seconds between circuits:

4A) T Pushups (10/side)
4B) Bodyweight Walking Lunges (20/side)
4C) Mountain Climbers (25/side)

Day 4 – Recovery Day and Light Exercise

Workout Schedule

Day 5 – Workout C

1A) Chinups (1 rep short of failure) OR DB Row (6/side)

1B) Goblet Switch Lunge (10/side)

1C) Alternating DB Chest Press (8/side)

Rest 1 minute and repeat 2 more times

2A) Lunge Jumps (6/side)

2B) Close-Grip 3/4th Rep Pushups (20)

2C) KB or DB Swings (20)

2D) Burpees (10)

Rest 1 minute and repeat 2 more times

Finisher – Snatch On, Snatch Off

Do the following as shown 3 times

3) KB or DB Snatch (10/side), rest 20 secs

Days 6 and 7 – Recovery and Light Exercise

Crank 2.0

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) DB Reverse Lunge (8/side)												
1B) 1-Arm DB Incline CP (6/side)												
2A) DB Chest Supported Row (8)												
2B) Goblet NS Squat (12)												
3A) Renegade Pushups (15)												
3B) KB/DB Swings (10)												
3C) Ab Wheel or SB Rollout (10)												
Finisher												
4A) Low Box/Bench Jumps (8)												
4B) BW Chops (12/side)												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) DB Bulgarian SS (8/side)												
1B) Iron Cross (30 secs)												
1C) Superman SB Plank (30s)												
2A) DB Romanian Deadlift (10)												
2B) DB Squeeze Press (12)												
2C) DB Row (15/side)												
3A) SB Stir-the-Pot (5/side)												
3B) Pushup Side Plank (30s/side)												
Finisher												
4A) T Pushups (10/side)												
4B) BW Walking Lunges (20/side)												
4C) Mountain Climbers (25/side)												
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) CU (1<f) or DB Row (6/side)												
1B) Goblet Switch Lunge (10/side)												
1C) Alt DB Chest Press (8/side)												
2A) Lunge Jumps (6/side)												
2B) Close-Grip 3/4 th Rep PU (20)												
2C) KB/DB Swings (20)												
2D) Burpees (10)												
Finisher												
KB or DB Snatch (10/side)												

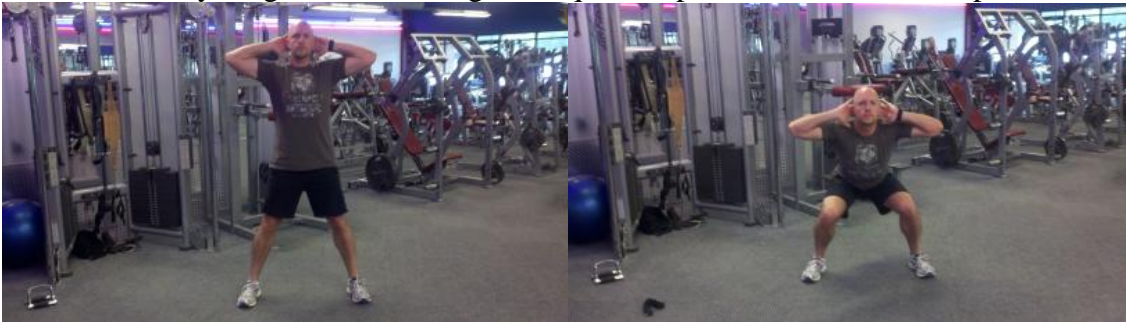
Warm-Up

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.

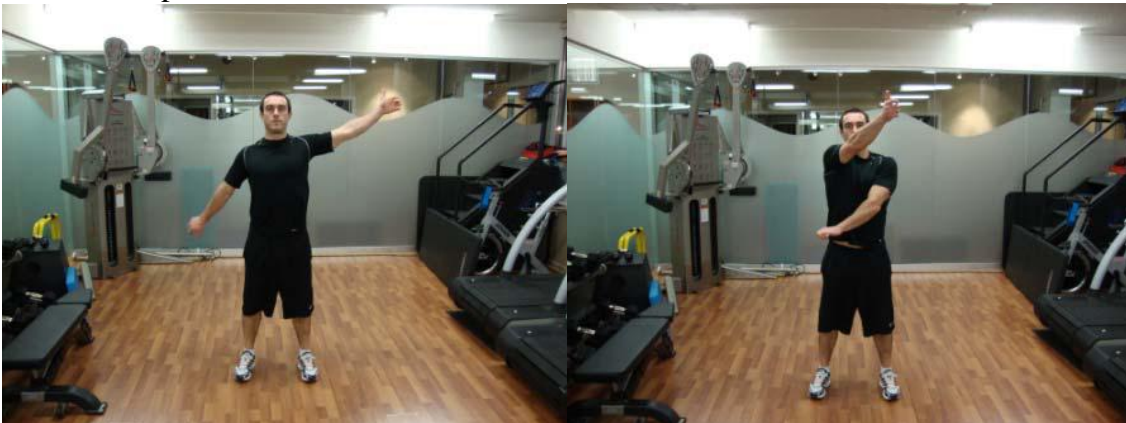
Prisoner Squat

- 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.



Arm Crosses

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



Warm-Up

Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, drop your hips so it appears you were ducking under something. Get as low as you can while keeping your chest up.
- Shift all of your weight over to the side you stepped towards and stand up with your feet together again. Then repeat in the opposite direction. Alternate sides.



Plank

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



Warm-Up

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor 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.



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.



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.



Workout A

Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- 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



DB 1-Arm Incline Chest Press

- Set an incline bench two notches above the lat position.
- Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



Workout A

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.



Goblet Narrow Stance 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.



Workout A

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



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

Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Finisher A

Box or Bench Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



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.



Workout B

Bulgarian Split 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.



Iron Cross

- Hold a pair of dumbbells with your arms extended out as if you are performing the lateral raise.
- Hold this position as prescribed.



Workout B

Superman SB or MB Ball Plank

- 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.



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.



Workout B

DB Squeeze Press

- Lie on a flat bench and hold the dumbbells above your chest.
- The dumbbells should be touching one another with your palms in a neutral grip.
- Lower the dumbbells to chest level while keeping your elbows tucked into your side.
- Press the dumbbells straight up above the chest.
- The dumbbells should remain in contact at all times.



DB Row

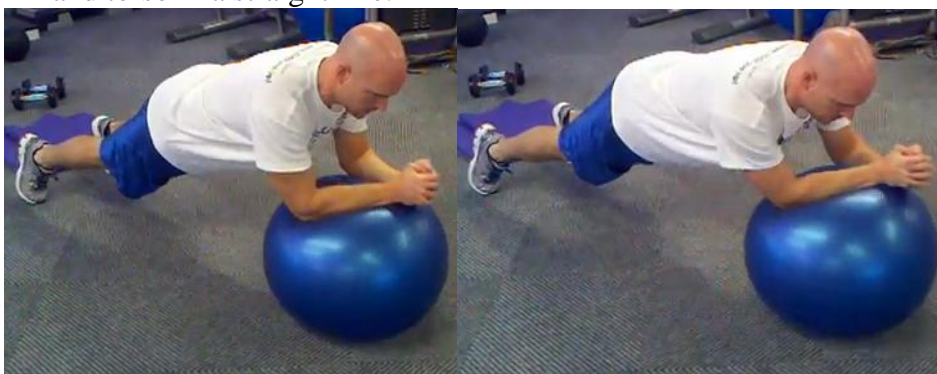
- Rest the left hand flat bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Workout B

Stability Ball Stir-the-Pot

- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



Pushup Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Finisher 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.



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.



Finisher 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.



Workout C

Chinups

- 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



DB Row (see above)

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



Workout C

Alternating DB Bench 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.



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 C

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



KB/DB Swings (see above)

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.



Finisher C

Kettlebell 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.



or...

Finisher C

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.



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

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

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

- ✓ 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