

Density Bodyweight Finishers

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13 DENSITY BODYWEIGHT FINISHERS



GET CHISELED AND HAVE FUN WITH DENSITY FINISHERS

MIKE WHITFIELD, CTT

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Density Bodyweight Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

So many methods have been tested with clients on these crazy metabolic finishers, but the winner every time is the density method.

Perhaps it's the challenge of seeing how much you can do in the time given, with something to beat every time you do it.

Or perhaps it's the mentality shift every time you complete one. It's invigorating ... and addicting.

Inside these crazy density bodyweight finishers, you'll challenge yourself with doing as much damage to your stubborn fat as possible in a certain amount of time.

Be warned – the rep and sets schemes get crazy, but you'll love it. Replace boring cardio (and even intervals) with these addicting bodyweight density finishers.

**May you never, EVER get bored with your workouts,
Mike Whitfield (Mikey), CTT**

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

www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

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.



Density Bodyweight Finishers

Things to Remember

- 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.

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!

BONUS TIP

For any timed finishers, try to beat previous records each time you do that finisher.

For example, when performing a density finisher (a circuit or superset as many times as possible in a set timeframe), try to beat your previous reps.

Density Bodyweight Finishers

Finisher # 1 **“Leggo My Lunge-O”**

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

- 1A) Prisoner Lunge Jump (4/side)
- 1B) Pushup (10)
- 1C) Alternating Reverse Lunge (4/side)
- 1D) Mountain Climbers (10/side)
- 1E) Alternating Lateral Lunge (4/side)

Finisher # 2 **“Two Many Spiders”**

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

- 1A) Bodyweight Squat (5)
- 1B) Spiderman Pushup (2/side)
- 1C) Star Shuffle (5/side)
- 1D) Spiderman Climb (2/side)

Finisher # 3 **“ Minute to Win It”**

Do the following circuit ONE time. Each exercise should be performed for 1 minute. Rest during that minute only as needed, but the clock will continue to tick:

- 1A) Burpee/Spiderman Pushup Combo
- 1B) Seal Jacks
- 1C) Skater Hops
- 1D) Mountain Climbers
- 1E) Total Body Extension

Density Bodyweight Finishers

Finisher # 4 **“Glory to Todd”**

A special thanks to Todd Durkin for this inspired finisher. He is the one who created the “Durkin Death Crawl”. This is a revised bodyweight version. Do the following supersets as many times as possible in 5 minutes, resting only when needed:

- 1A) Bodyweight Death Crawl (5)
- 1B) Jumping Jacks (10)

Finisher # 5 **“3 Ways to 3”**

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

- 1A) Jump Squat (3)
- 1B) Superman Pushup (3/side)
- 1C) Shuttle Sprint (back and forth 3 times)

Finisher # 6 **“The Density Super 6”**

Do the following circuit as many times as possible in 6 minutes, resting only when needed:

- 1A) Y Squat (6)
- 1B) Triple Stop Pushup (6)
- 1C) Burpee (6)
- 1D) Split Shuffle (6/side)
- 1E) Body Saw (6)
- 1F) Star Jumps (6)

Density Bodyweight Finishers

Finisher # 7 **“The One-Two”**

Do the following circuit ONE time. Each exercise should be performed as follows, resting when needed. But the clock will continue to tick:

- 1A) Close-Grip Pushups (1 minute)
- 1B) Run in Place (2 minutes)
- 1C) Alternating Prisoner Lateral Lunges (1 minute)
- 1D) Jumping Jacks (2 minutes)

Finisher # 8 **“Eight is Enough”**

Do the following circuit as many times as possible in 8 minutes, resting only when needed. Warning – this is one of my longer finishers.

- 1A) Alternating TD Lunge (8/side)
- 1B) Superman Pushup (8/side)
- 1C) Long Jump (8)
- 1D) Inchworm (8)

Finisher # 9 **“Upper/Lower 4 X 4”**

Do the following circuit as many times as possible in 4 minutes, resting only when necessary:

- 1A) Close-Grip Triple Stop Pushup (4)
- 1B) Swing Lunge (4/side)
- 1C) Spiderman Climb (4/side)
- 1D) Total Body Extension (4)

Density Bodyweight Finishers

Finisher # 10 **“The Ab Supersetter”**

Do the following superset twice, resting for 20 seconds between supersets. Do the following exercises for the time given and rest when needed, but the clock will continue to tick.

- 1A) Burpee/X-Body Mountain Climber (1 minute)
- 1B) Plank to Triceps Extension (1 minute)

Finisher # 11 **“End with Ten”**

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

- 1A) Vertical Jump and Stick (10)
- 1B) Offset Pushups (10/side)
- 1C) Skater Hops (10/side)
- 1D) Mountain Climbers (10/side)

Finisher # 12 **“The Metabolic Deuce”**

Do the following circuit as many times as possible in 4 minutes, resting only when needed:

- 1A) Triple Stop Pushup (2)
- 1B) Shuttle Sprint (back and forth twice)
- 1C) TD Bulgarian Split Squat (2/side)
- 1D) Squat Thrusts (2)

Finisher # 13 **“Odds Against You”**

Do the following circuit as many times as possible in 7 minutes, resting only when needed:

- 1A) Single Leg Burpee (1/side)
- 1B) Star Jumps (3)
- 1C) Decline Spiderman Pushups (5/side)
- 1D) Split Shuffle (7/side)
- 1E) X-Body Mountain Climber (9/side)
- 1F) Bulgarian Split Squat (11/side)
- 1G) Prisoner Jump Squat (13)

Density Bodyweight Finishers

Exercise Library (Exercises are in order of appearance)

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.

Finishers 1-4

Prisoner 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.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- 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



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.



Density Bodyweight Finishers

Finishers 1-4

Alternating 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
- Alternate sides with each rep.



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.



Density Bodyweight Finishers

Finishers 1-4

Alternating Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height (optional).
- 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.
- Alternate sides with each rep.



Bodyweight Squat

- Stand with your feet just greater than shoulder-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.

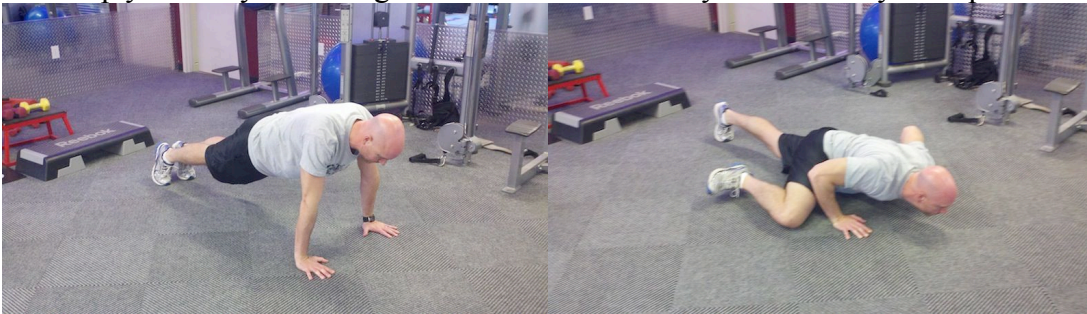


Density Bodyweight Finishers

Finishers 1-4

Spiderman 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 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.



Star Shuffle

- Stand with your feet shoulder-width apart
- Step diagonally at a 45o angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



Density Bodyweight Finishers

Finishers 1-4

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.



Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



Density Bodyweight Finishers

Finishers 1-4

Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



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.



Mountain Climbers – (see above)

Density Bodyweight Finishers

Finishers 1-4

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.**



Density Bodyweight Finishers

Finishers 1-4

Bodyweight Death Crawl

- Start in a push-up position.
- Do four Superman push-ups by extending one arm out after doing a pushup – alternate sides (2/side)
- Now, do a walking plank, moving forward several feet by lifting your hands and your feet, and taking tiny steps like an alligator crawl – take 2 steps per side. (Remain in the up position of the push-up.)
- Stand up and do a jump squat.
- Drop down and repeat the sequence.



Density Bodyweight Finishers

Finishers 1-4

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



Density Bodyweight Finishers

Finishers 5-8

Jump Squat

- 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.



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.



Density Bodyweight Finishers

Finishers 5-8

Shuttle Sprints

- 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



Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-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.



Density Bodyweight Finishers

Finishers 5-8

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.



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.



Density Bodyweight Finishers

Finishers 5-8

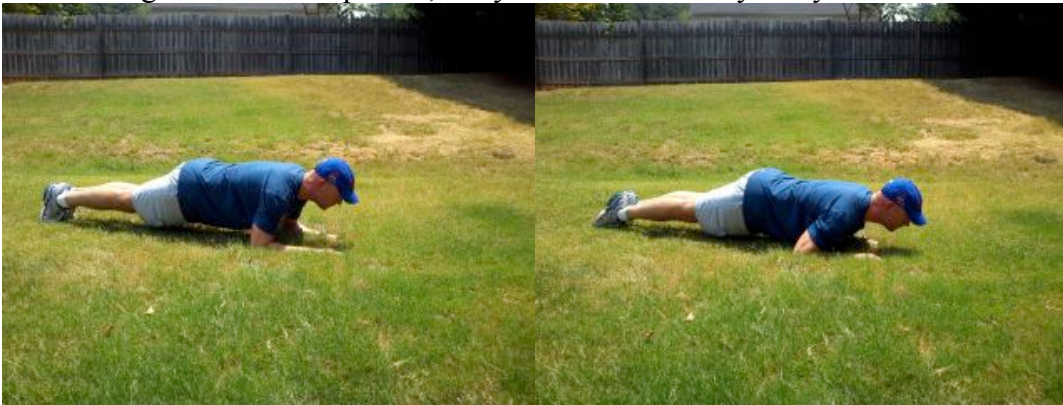
Split Shuffle

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



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!



Density Bodyweight Finishers

Finishers 5-8

Star Jumps

- Stand with your feet about shoulder width apart and your hands at your sides
- Partially squat down with your arms crossed in front of you
- Jump and simultaneously bring your arms above your head as if you're performing a jumping jack in mid-air
- Return to the starting position (be sure to land in the partial squat to absorb the landing)



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.



Density Bodyweight Finishers

Finishers 5-8

Run-in-Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Alternating Prisoner Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart, keeping your hands behind your head, 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 Jacks – (see above)

Density Bodyweight Finishers

Finishers 5-8

Alternating TD Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step forward with one leg (larger step than normal), resting the toe on the ground from your back foot.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Superman Pushup – (see above)

Long Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



Density Bodyweight Finishers

Finishers 5-8

Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Density Bodyweight Finishers

Finishers 9-13

Close-Grip Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be inside 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.



Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight



Spiderman Climb – (see above)

Total Body Extension – (see above)

Density Bodyweight Finishers

Finishers 9-13

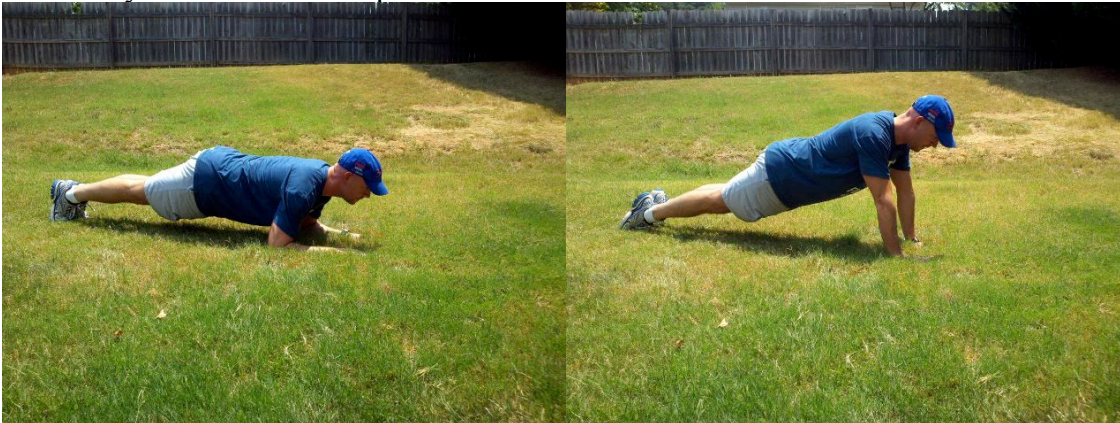
Burpee/X-Body Mountain Climber Combo

- 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.



Plank to Triceps 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 breathe 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.



Density Bodyweight Finishers

Finishers 9-13

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Off-set 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.



Skater Hops – (see above)

Mountain Climbers – (see above)

Density Bodyweight Finishers

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Triple Stop Pushup – (see above)

Shuttle Sprints – (see above)

TD Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- 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.



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



Density Bodyweight Finishers

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Single Leg Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



Star Jumps – (see above)

Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



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Split Shuffle – (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.



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.



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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.



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 - 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