

31 LADDER FINISHERS



DISCOVER THE ULTIMATE AFTERBURN

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A message from Mike Whitfield, CTT



Mike Before



Mike After

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

My friend Brian Kalakay (the dude on the cover) and I had a great time filming some workouts at his gym. We both agreed that Ladder Workouts are the bomb-diggity.

8 reps, 7 reps, 6 reps... up and down you'll go. You'll have a ton of "fun" but also burn fat without stepping on a boring elliptical.

And inside this new Finishers manual, you'll do a variety of superset ladders, upper and lower ladders and much more. But BEWARE – what looks easy on paper is not easy when you start doing them.

So brace yourself as you hop on the ladder... the metabolic ladder.

Oh c'mon. That's hilarious. Throw me a bone.

Whatever. Enjoy these fat-torcing ladder finishers as an amazing way to end your workout or use them as a quick stand-alone workout when you're tight on time.

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

www.WorkoutFinishers.com - Never get bored with these addicting finishers

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 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.



Things to Remember

- Use these finishers at the **END** of your favorite workout or as off-day conditioning workouts to shed more fat or improve your overall conditioning. They are also great travel workouts as well when you don't have much time.
- You can use these short burst workouts during the day as well, as long as it doesn't interfere with your recovery
- 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:

Body Squats (10)
Push-ups (10)

Here is what you do: one set of 10 reps of Body Squats, then immediately 10 reps of push-ups.

A "circuit" is a series of 3 exercises or more that are done back-to-back:

Body Squats (10)
Push-ups (10)
Inverted Row (10)

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 10 Inverted Rows

One last thing – the Upper Body Finishers and Lower Body Finishers are at the END of the manual

How Ladder Finishers Work

Each superset or circuit will start with a certain number of reps and in the next superset or circuit, you'll perform either one more or one less rep. You'll know this by what is shown in parenthesis for the reps.

Here are examples:

(8...1) <== This means you'll do 8 reps the first time, then 7, then 6, etc. until you complete 1 rep. Then you're done.

(6...1...6) <== This means you'll do 6 reps the first time, then 5, etc., etc. until you complete 1 rep. Then you'll work your way back up by performing 2 reps, 3 reps, etc. until you complete 6 reps. Then you're done.

(1...8) <== This means you'll do 1 rep the first time, then 2 reps, then 3, etc., until you reach 8 reps. Then you're done.

Make sense?

Note – your rest periods are up to you. Rest when needed and remember, if your form is getting sloppy, REST. Form is more important than time! As an added challenge, you can record the time it takes you to complete the finisher and the next time you perform that same finisher, try to beat your previous time.

Let's take a look at the first finisher as an example:

Vault Gauntlet

Bench Vault (6...1...6)

Offset Pushups (6...1...6)

Bench Vault (6...1...6)

Bodyweight Squat (6...1...6)

Circuit 1 – 6 reps of each exercise

Circuit 2 – 5 reps of each exercise

Circuit 3 – 4 reps of each exercise

Circuit 4 – 3 reps of each exercise

Circuit 5 – 2 reps of each exercise

Circuit 6 – 1 rep of each exercise

Circuit 7 – 2 reps of each exercise

Circuit 8 – 3 reps of each exercise

Circuit 9 – 4 reps of each exercise

Circuit 10 – 5 reps of each exercise

Circuit 11 – 6 reps of each exercise

Boom – you're done!

Now let's take a look at a different one...

Unlucky # 7

Jump Squat (1...7)

Squat Thrust (7...1)

Superset 1 – 1 rep of the Jump Squat, 7 reps of Squat Thrusts

Superset 2 – 2 reps of Jump Squats, 6 reps of Squat Thrusts

Superset 3 – 3 reps of Jump Squats, 5 reps of Squat Thrusts

Superset 4 – 4 reps of Jump Squats, 4 reps of Squat Thrusts

Superset 5 – 5 reps of Jump Squats, 3 reps of Squat Thrusts

Superset 6 – 6 reps of Jump Squats, 2 reps of Squat Thrusts

Superset 7 – 7 reps of Jump Squats, 1 rep of the Squat Thrust

Boom, you're done.

See how this works? Cool.

Now let's get to work...

Full Body Ladder Finishers

Finisher # 1 – Vault Gauntlet

Bench Vault (6...1...6)
Offset Pushups (6...1...6)
Bench Vault (6...1...6)
Bodyweight Squat (6...1...6)

Finisher # 2 – Pressin' and Swingin'

DB Push Press (8...1) – use a weight you can lift for 12 reps
1-Arm KB or DB Swing (8/side...1/side)

Finisher # 3 – 5's and 10's

Do ladder 1 as shown, then rest 1 minute

Ladder # 1

Chinup (5...1)

Burpee (5...1)

After completing this ladder, rest for one full minute, then proceed to ladder 2:

Ladder # 2

Total Body Extension (10...1)

Jumping Jacks (10...1)

Finisher # 4 – Bulgarian Spider Lucky 7

Bulgarian Split Squat (7/side...1/side...7/side)

Spiderman Climb (7/side...1/side...7/side)

Finisher # 5 – Betcha' 3 to 1 Over and Over and Over

Death Crawl (3...1...3...1)

Goblet Squat and Press (3...1...3...1)

Full Body Ladder Finishers

Finisher # 6 – 6-Pack Ladder

Burpee/X-Body Mountain Climber Combo (8...1)
Bodysaw (8...1)

Finisher # 7 – Metabolic 4-Step

Low Box or Bench Jumps (6...1)
T Pushup (6/side...1/side)
Goblet Sumo Squat (6...1)
Mountain Climbers (6/side...1/side)

Finisher # 8 – Ladder Combos

Burpee/Spiderman Pushup Combo (10...1)
KB/DB Swings (10...1)

Finisher # 9 Skating for 9 Lives

Pushup w/Arm Extended (aka Superman Pushup) (9/side...1/side)
Skater Hops (9/side...1/side)

Finisher # 10 – Lunge Gauntlet Ladder

Lunge Jumps (6/side...1/side...6/side)
Renegade Pushups (6/side...1/side...6/side)
Alternating Prisoner Reverse Lunge (6/side...1/side...6/side)
Ab Wheel or Stability Ball Rollout (6...1...6)

Finisher # 11 – Extending the Ending

Decline Pushups (10...1)
Total Body Extension (10) <== Do 10 reps in EVERY superset

Full Body Ladder Finishers

Finisher # 12 – Dirty Dozen

Low Box or Bench Jumps (12...1)
X-Body Mountain Climber (12/side...1/side)

Finisher # 13 – Five Alive

Goblet Lateral Lunge and Press (5/side...1/side...5/side)
Inverted Row or Strap Row (5...1...5)
Stability Ball Jackknife Pushup (5...1...5)
Skater Hops (5/side...1/side...5/side)

Finisher # 14 – Swingin' the Countdown

Decline Triple Stop Pushup (10...1)
KB or DB Swings (10) <== Do 10 reps with EVERY superset

Finisher # 15 – 3-Way Split Ladder

Ladder # 1

Vertical Jump and Stick (3...1)

1-Arm Switch Pushup (3/side...1/side)

Rest 30 seconds after completing this ladder, then proceed to ladder # 2

Ladder # 2

Switch Lunge (3/side...1/side)

Squat Thrust (3...1)

Rest 30 seconds after completing this ladder, then proceed to ladder # 3

Ladder # 3

DB or Medicine Ball Chops or Bodyweight Chops (3/side...1/side)

Burpees (3...1)

Full Body Ladder Finishers

Finisher # 16 – Steppin’ and Pullin’

Alternating Bodyweight Step-up (fast tempo, but under control) (12/side...1/side)
Inverted Row or Strap Row (12) <== Do 12 reps with EVERY superset

Finisher # 17 – One Side at a Time

1-Arm KB or DB Swings (8/side...1/side)
Spiderman Pushup (8/side...1/side)

Finisher # 18 – Bulgarian Treat

Bulgarian Jump Squat (6/side...1/side)
Decline Close-Grip Pushup (6...1)
Bulgarian Split Squat (6/side...1/side)
Stability Ball Ab Pike (6...1)

Finisher # 19 Burpee/Chinup Elevator

Jumping Jacks (20) <== Do 20 reps with EVERY superset
Burpee/Chinup Combo (5...1...1)

Finisher # 20 – The TD is Good

Alternating TD Lunge (8/side...1/side)
Pushup Row (8/side...1/side)

Finisher # 21 – Metabolic Ladder Monster

Prisoner Lunge Jump (8/side...1/side)
Triple Stop Pushup (8...1)
Inverted Row or Strap Row (8...1)
Spiderman Climb (8/side...1/side)

Upper Body Ladder Finishers

Finisher # 1 – Da Pull, Da Push

Pullup (6...1)
1-Arm Switch Pushup (6/side...1/side)
Inverted Row or Strap Row (6...1)
Decline Close-Grip Pushup (6...1)

Finisher # 2 – Constant Support

T Pushup (8/side...1/side)
DB Chest Supported Row (15) <== Do 15 reps with EVERY superset

Finisher # 3 – The Nasty Triple

Triple Pushup (Decline Pushups, Close-Grip Pushups, Regular Pushups)
(6 reps of each pushup...1 rep of each pushup)
Chinup or Inverted Row or Strap Row (6...1)

Finisher # 4 Always Pushin'

DB Row (10/side...1/side) – use a weight in which you can lift for 15 reps
DB Squeeze Press (15) <== Do 15 reps with EVERY superset

Finisher # 5 – Pull, then Push the Spider

Pullup or Overhand Grip Inverted Row or Strap Row (6...1)
Spiderman Pushup (1/side...6/side)

Lower Body Ladder Finishers

Finisher # 1 – Always Swingin’

Narrow Stance Goblet Squat (8...1)

KB or DB Swings (15) <== Do 15 reps with EVERY circuit

Bodyweight Sumo Squat (8...1)

KB or DB Swings (15) <== Do 15 reps with EVERY circuit

Finisher # 2 – The Big Switcharoo

Switch Lunge (5/side...1/side...5/side)

Stability Ball Leg Curl (take 3 seconds to bring the ball in towards your hamstrings) (5...1...5)

Finisher # 3 – Crossin’ Over to Roll

Crossover Step-up (10/side...1/side)

Ab Wheel or Stability Ball Rollout (10...1)

Finisher # 4 Jumpin’ on the Abs

Lateral Jumps (6/side...1/side)

On/Off Plank (5 second plank followed by 5 seconds of rest) (6 times...1 time)

Low Box or Bench Jumps (6...1)

Bodysaw (6...1)

Finisher # 5 – Leg Torcher

Walking Lunge (10/side...1/side)

1-Arm KB or DB Swing (1/side...10/side)

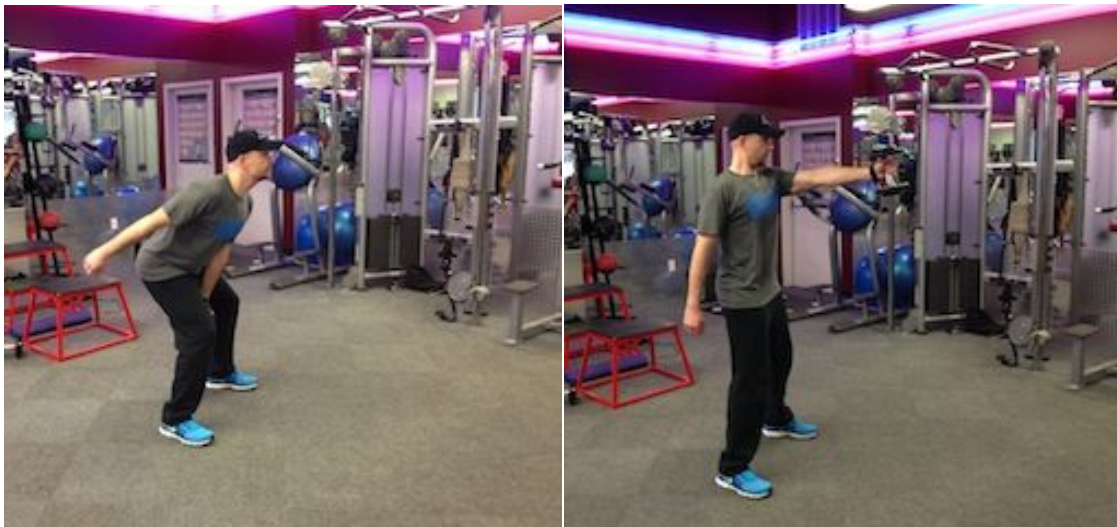
Exercise Library
(Exercises are in alphabetical order)

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.

1-Arm KB or 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.



1-Arm Switch Pushup

- Start in the pushup position with your left hand at an elevated position.
- Complete one pushup and at the top of the movement, switch your hand position by bringing your other hand to the elevated position, keeping your body straight.
- Complete another pushup – that's one rep per side.
- Switch back and repeat.



Ladder Finishers

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.



Alternating Bodyweight Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in each hand (optional).
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.



Alternating Prisoner Reverse Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backward 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.
- Pull back to the start position with the front leg.



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.



Ladder Finishers

Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



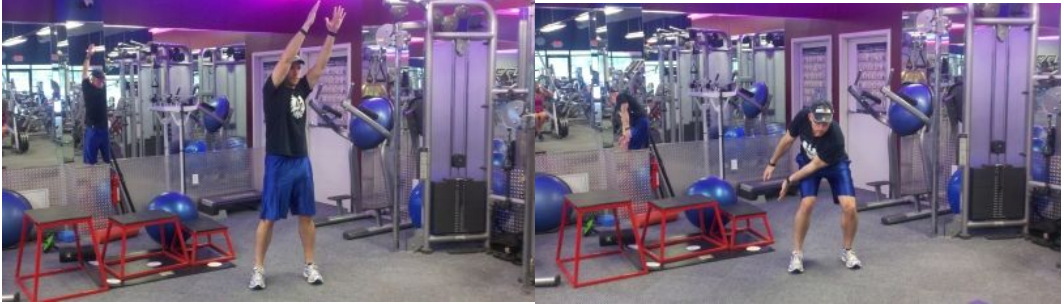
Bodysaw

- 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!



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.



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.



Bodyweight Sumo Squat

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



Bulgarian Jump Squats

- 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.
- Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
- Land in the bottom of a Bulgarian squat and repeat
- Perform all reps for one leg and then switch.



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.



Burpee

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



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.



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



Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and brings 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.



Chin-ups

- 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



Crossover Step-up

- Stand next to a bench or platform
- Step up laterally, using the weight from the lead leg to step up
- Cross over the bench or platform by keeping the lead leg on the bench while bringing the rear leg behind and over
- Switch feet and repeat



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.



Ladder Finishers

DB Chops

- Grab a dumbbell
- 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.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



DB Push Press

- Hold dumbbells at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the knees.
- Explode up and press the dumbbells overhead until your arms are fully extended.
- Slowly lower the dumbbells back to shoulder level.



Ladder Finishers

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.



DB Squeeze Press

- Lie on a bench holding a pair of dumbbells in front of your chest with your palms facing each other.
- While squeezing together the dumbbells, push the dumbbells up by performing a chest press
- Slowly return to the starting position.



Ladder Finishers

Death Crawl

- Start in a push-up position as you grip a pair of dumbbells.
- Do two push-ups, two plank rows with your left hand and two rows with your right. (To perform a row, maintain the push-up position, but bring one elbow up close to your torso as you balance on the dumbbell in your opposite hand.)
- Now, do a walking plank, moving forward several feet by lifting the dumbbells and your feet, and taking tiny steps. (Remain in the up position of the push-up.)
- Stand up and do a jump squat with dumbbells.
- Drop down and repeat the sequence.



Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- 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.



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.



Decline Triple Stop 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.
- Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Goblet Lateral Lunge and Press

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- 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.
- Press the db or kb above your head.
- That's one rep (better photo coming soon)



Ladder Finishers

Goblet Squat and Press

- Hold a dumbbell close to your chest and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position, then press the weight upward above your head.



Goblet Sumo Squat

- Stand with your feet well outside shoulder width apart with your toes angled slightly out.
- 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.



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.



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



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.



Lateral Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



Low 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



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



Medicine Ball Chops

- Grab a medicine ball
- Start by holding the medicine ball above your head and to the left.
- In a diagonal and chopping motion, bring the medicine ball to the opposite knee with a slight bend in both knees.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every 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.



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.



Offset Pushup

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



Overhand Grip Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an overhand grip outside 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.



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.



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



Ladder Finishers

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Pushup 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



Pushup with One Arm Extended (aka 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.



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



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.



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.



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.



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



Stability Ball Ab Pike

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.



Stability Ball Jackknife Pushup

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



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.



Ladder Finishers

Strap Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep; repeat for all reps and then switch legs



Ladder Finishers

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.



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.**



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.



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.



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.



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.



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

www.WorkoutFinishers.com - Get ripped without ANY long, boring cardio

www.TrainwithFinishers.com - Blog dedicated to metabolic workout finishers

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