

## Welcome from Mike Whitfield & Workout Finishers



Release the meathead in you. That is what this program is all about.

You love meathead style workouts. You love metabolic finishers. So, you've been trying to choose one.

Choose no more. I've created the ultimate 4 day/week program so that you can have both. You'll enjoy these meathead style workouts and then of course, end it with a grand finale to keep the fat at bay while putting on lean, athletic muscle.

Not only that, but each workout ends with a metabolic finisher working the same muscle groups for the biggest challenge. So, on your upper body days, you'll be doing an upper body finisher and the same with lower body.

One exception – the total body finisher after workout D because you have the end the week with a bang.

Good times. There's also the crazy rep scheme with Deadlifts in Workout C, supersetted with the DB Shoulder Press, which is one of the most challenging, yet rewarding supersets known to man.

So, go be a meathead...

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

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](http://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 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.
- 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](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



## **Workout Finishers Metabolic Meatheads 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.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

#### **Warm-up**

Jumping Jacks (15)  
Alternating Prisoner Lunge (10/side)  
Pushups (10)  
Waiter's Bow (10)  
Plank (20 secs)  
Leg Swings (15/side)

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

## Workout Schedule

### Day 1 – Workout A

1A) Goblet Bulgarian Split Squat (8/side)  
1B) V-Grip Pull-up w/Knee-up (1 rep short of failure)  
Rest 1 minute and repeat 2 more times

2A) DB Reverse Lunge (10/side)  
2B) Stability Ball Jackknife (15)  
Rest 1 minute and repeat 2 more times

3A) DB Romanian Deadlift (12)  
3B) Cable Core Press or Stability Ball Plank (30 secs)  
Rest 1 minute and repeat 2 more times

### Lower Body Finisher

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

4A) Lunge Jumps (3/side)  
4B) Spiderman Climb (3/side)  
4C) KB or DB Swings (15)

### Stretch as needed

## Workout Schedule

### Day 2 – Workout B

1A) Close-Grip Bench Press or Close-Grip DB Chest Press (6)

1B) Overhand Grip DB Row (12)

Rest 1 minute and repeat 2 more times

2A) DB Incline Chest Press (12)

2B) DB Rear Lateral Raise (10)

Rest 1 minute and repeat 2 more times

3A) DB Curl with Back Braced (8)

3B) Lying DB Tricep Extensions (10)

Rest 1 minute and repeat 2 more times

### Upper Body Finisher

Do the following circuit ONE time, resting only when needed

4A) Burpee/Chin-up Combo (10)

4B) Close-Grip 3/4<sup>th</sup> Rep Pushups (30)

4C) DB Row (20/side) – use a weight you can lift for 25 reps

4D) Mountain Climbers (50/side)

### Stretch as needed

### Day 3 – Recovery Day and Light Exercise

## Workout Schedule

### Day 4 – Workout C

1A) Deadlift (12 in set 1, 6 in set 2 and 10 in set 3)

1B) DB Shoulder Press (8)

Rest 2 minutes between each round (3 rounds)

2A) Narrow-Stance Goblet Squat (10)

2B) Pushup Side Plank (30 secs/side)

Rest 1 minute and repeat 2 more times

3A) DB Walking Lunge (12/side)

3B) Hanging Leg Raise or Knee Raise (8)

Rest 1 minute and repeat 2 more times

### Lower Body Finisher

Do the following superset 4 times, resting for 30 seconds between supersets:

4A) Prisoner Squat (15)

4B) Squat Thrusts (10)

## Workout Schedule

### Day 5 - Workout D

1A) DB Triple Press (6 steep incline, followed by 6 incline, followed by 6 flat – 18 reps all together)

1B) DB Row (6/side)

Rest 1 minute and repeat 2 more times

2A) Spiderman Pull-up (3/side)

2B) DB Iron Cross (30 secs)

Rest 1 minute and repeat 2 more times

3A) DB Curls (8) – use a weight you can lift for 15 reps

3B) Dips (half of max reps)

Rest 30 seconds and repeat 5 more times for a total of **6 supersets**

### Total Body Finisher

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

4A) Box or Bench Jumps (15)

4B) Alternating DB Chest Press (15/side)

4C) KB or DB Swings (30)

4D) Renegade Row (15/side)

### Days 6 and 7 – Recovery and Light Exercise

# Metabolic Meatheads

<b>Workout A</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) Goblet BSS (8/side)												
1B) V-Grip PU w/Knee-up (1<f)												
2A) DB Reverse Lunge (10/side)												
2B) SB Jackknife (15)												
3A) DB RDL (12)												
3B) CC Press or SB Plank (30s)												
<b>Finisher – AMAP in 3 Mins</b>												
4A) Lunge Jumps (3/side)												
4B) Spiderman Climb (3/side)												
4C) KB/DB Swings (15)												
<b>Workout B</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) CG BP or CG DB CP (6)												
1B) OG DB Row (12)												
2A) DB Incline Chest Press (12)												
2B) DB Rear Lat Raise (10)												
3A) DB Curl w/Back Braced (8)												
3B) Lying DB Tricep Ext (15)												
<b>Finisher – 1X</b>												
4A) Burpee/Chinup Combo (10)												
4B) CG 3/4 <sup>th</sup> Rep PU (30)												
4C) DB Row (20/side)												
4D) Mountain Climber (50/side)												
<b>Workout C</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) Deadlift (12, 6, 10)												
1B) DB Shoulder Press (8)												
2A) NS Goblet Squat (10)												
2B) Pushup Side Plank (30s/side)												
3A) DB Walking Lunge (12/side)												
3B) Hanging Leg / Knee Raise (8)												
<b>Finisher – 4X</b>												
4A) Prisoner Squats (15)												
4B) Squat Thrusts (10)												

## Metabolic Meatheads

<b>Workout D</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 Triple Press (6 per move)												
1B) DB Row (6/side)												
2A) Spiderman Pull-up (3/side)												
2B) DB Iron Cross (30s)												
3A) DB Curls (8)												
3B) Dips (half of max reps)												
<b>Finisher – 2X</b>												
4A) Box or Bench Jumps (15)												
4B) Alt DB Chest Press (15/side)												
4C) KB/DB Swings (30)												
4D) Renegade Row (15/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.

### **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



### **Alternating Prisoner Lunge**

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position and switch legs.



## Warm-Up

### **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.



### **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.



## Warm-Up

### **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.



### **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.



## Workout A

### **Goblet Bulgarian Split Squat**

- Stand with your feet shoulder-width apart. Hold a dumbbell in front of you at chest height.
- 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.



### **V-Grip Pull-up with Knee-up**

- Hook a V-grip rowing handle over a pull-up bar. Grasp the handle.
- Pull yourself up to the top position as you bring your knees up to your chest.
- Slowly lower yourself to the bottom position.



## Workout A

### **DB Reverse Lunge**

- Stand upright holding a pair of dumbbells
- 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



### **Stability Ball Jackknife**

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- 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.
- Do NOT round your lower back.



## Workout A

### **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.



### **Cable Core Press**

- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



## Workout A

### **Stability Ball Plank**

- 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.
- Hold the plank position for the designated time.



### **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 A

### **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.



### **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 B**

### **Close-Grip Bench Press**

- Lie in the bench press set-up and grab the bar with your hands shoulder-width apart.
- Keep your body tight and lower the bar to your chest.
- Keep your elbows tucked in to your body.
- Pause very briefly at the bottom and push the weight back to the start position.



### **Close-grip DB Chest Press**

- Hold the dumbbells with your palms turned towards your body (palms will face each other) to emphasize triceps and minimize shoulder stress.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Workout B

### **Overhand Grip DB Row**

- Hold a dumbbell in each hand with an overhand grip.
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



### **DB Incline Chest Press**

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Workout B

### **DB Rear Lateral Raise**

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



### **DB or BB Curl w/Back Braced**

- Stand and hold dumbbells or a barbell at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back against the wall.
- Curl the dumbbells up to shoulder height while maintaining a flat back against the wall.
- Slowly return to the start position.
- Your legs should be slightly bent.



## Workout B

### **Lying DB Triceps Extension**

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



### **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.



## Workout B

### **Close-Grip 3/4<sup>th</sup> 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



### **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**

### **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

### **Deadlift**

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



## Workout C

### **DB Shoulder Press**

- Stand with your feet shoulder-width apart or in a split stance holding a pair of dumbbells at shoulder height.
- Press the dumbbells straight up, keeping the abs braced.
- Under control, bring the dumbbells back to the starting position.
- Repeat as necessary.



### **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.



## Workout C

### **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.



### **DB Walking Lunge**

- Stand with your feet shoulder-width apart, holding a pair of dumbbells at your sides.
- 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.



## Workout C

### **Hanging Leg Raise**

- Hang from a chin-up bar using an underhand grip or use a Captain's Chair. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



### **Hanging Knee Raise**

- Hang from a bar using a neutral grip (palms face one another). Brace your abs.
- Bend your knees, curl your hips back and raise your knees up to your chest.
- Don't use momentum. Go slow and controlled both ways.



## Workout C

### **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.



### **Squat Thrusts**

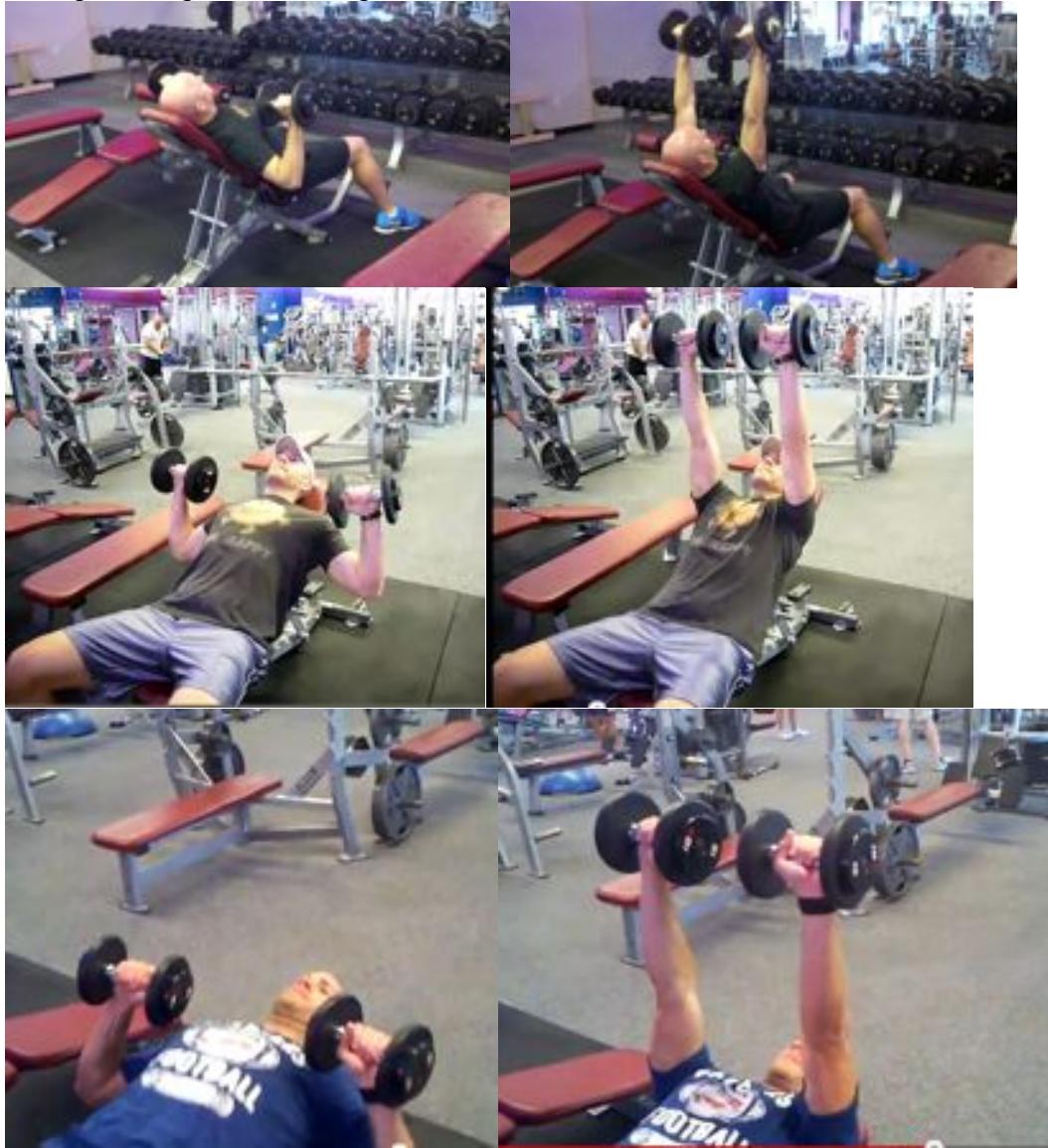
- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



## Workout D

### **DB Triple Press**

- You will do a DB Steep Incline Press followed by a DB Incline Press followed by a DB Flat Press. Do all reps for each exercise before moving to the next.
  - **For the DB Steep Incline Press:**
- Set up a bench with a steep incline – more upright than your regular incline press.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.
  - **For the DB Incline Press:**
- Repeat the press at a low incline position.
  - **For the DB Flat Press:**
- Repeat the press at a flat position.



## Workout D

### **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.



### **Spiderman Pull-up**

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



## Workout D

### **Iron Cross**

- Hold a pair of dumbbells extended out as if you're performing a DB Lateral Raise
- Hold this position as prescribed



### **DB Curl**

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



## Workout D

### **Dips**

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



### **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



## Workout D

### **Alternating DB Chest Press**

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



### **KB/DB Swings – (see above)**

### **Renegade Row**

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



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

[www.WorkoutFinishers.com](http://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](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://www.AbFinishers.com) – The latest cutting-edge ab exercise combined with the power of metabolic 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