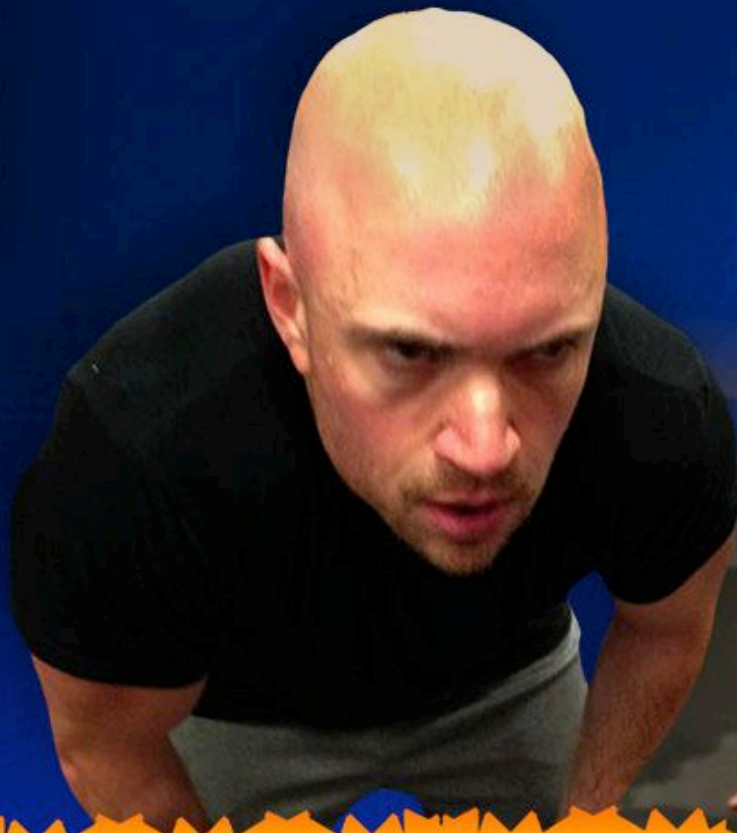


WWW.WORKOUTFINISHERS.COM

CHALLENGE MADNESS

BURN FAT WITH BODYWEIGHT CHALLENGES!

**INCLUDES THE
CHALLENGE MADNESS 300!**



MIKE WHITFIELD, CTT

Challenge Madness

Welcome from Mike Whitfield & Workout Finishers



Bodyweight workouts rock. However, bodyweight workouts that use challenges rock even more.

That's exactly what you'll get with this new Challenge Madness Bodyweight program. You'll challenge yourself each week by trying to improve one of three things... rounds, reps or time.

So not only will you challenge yourself, you'll also burn tons of fat without any fancy equipment. You start off the week in Workout A with Challenge Madness supersets (my favorite is the third superset).

Then in Workout B, you'll go through Challenge Madness circuits. The finisher in this one is a doozy.

Finally in Workout C, you'll go through the Challenge Madness 300 and to add some more fat-burning spice, I've got a killer finisher after that doozy of a workout that will leave you burning fat all day long.

**Challenge yourself and burnzz the fatzzz,
Mike Whitfield, CTT
Author, Workout Finishers**

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

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

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Challenge Madness

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here: www.facebook.com/workoutfinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Challenge Madness

Challenge Madness Workout Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.

Warm-up Circuit (before every workout)

Run in Place (20 secs)
Prisoner Lunge (8/side)
T Pushups (5/side)
Leg Swings (20/side)

Train 3 days per week.

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

Challenge Madness

Challenge Madness Workout Schedule

Day 1 – Workout A - Challenge Madness Supersets

1A) Low Box or Bench Jumps (1 minute)

1B) Inverted Row or Strap Row (1 minute)

Rest 1 minute and repeat ONE more time. Try to beat your previous reps in the second round.

2A) Narrow-Stance Bodyweight Squat (1 minute)

2B) Switch Pushup (1 minute)

Rest 1 minute and repeat ONE more time. Try to beat your previous reps in the second round.

3A) Bench Vault (1 minute)

3B) Mountain Climbers (1 minute)

Rest 1 minute and repeat ONE more time. Try to beat your previous reps in the second round.

Finisher

Do the following superset resting only when needed. In the first superset, you'll perform 10 reps of each exercise. In the next superset, you'll perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Each week, try to beat your previous time of completing this finisher.

4A) Bulgarian Jump Squat or Bulgarian Split Squat (10/side...1/side)

4B) Stability Ball Ab Pike or TRX Ab Pike (10...1)

Stretch as needed

Day 2 – Recovery day and light activity

Challenge Madness

Challenge Madness Workout Schedule

Day 3 – Workout B – Challenge Madness Circuits

- 1A) T Pushups (6/side)
- 1B) Bodyweight Walking Lunges (12/side)
- 1C) Stability Ball or Ab Wheel Rollout or TRX Ab Fallout (12)

Do as many rounds as possible in 10 minutes. Each week, try to beat your previous number of rounds. After the 10 minutes are up, rest 1 minute and move into the next circuit.

- 2A) Burpee (10)
- 2B) Sprinter Step-up (15)
- 2C) Stability Ball Stir-the-Pot (10/side) or Spiderman Climb (10/side)

Do as many rounds as possible in 10 minutes. Each week, try to beat your previous number of rounds. After the 10 minutes are up, rest 1 minute and move into the finisher.

Bodyweight Madness Trio Finisher

Do the following circuit as many times as possible in:

- Weeks 1 and 2 (3 minutes)
- Week 3 (4 minutes)
- Weeks 4 (5 minutes)

- 3A) Lunge Jumps (3/side)
- 3B) Explosive Pushups (3)
- 3C) Bodyweight Chops (3/side)

Stretch as needed

Day 4 – Recovery day and light activity

Challenge Madness

Challenge Madness Workout Schedule

Day 5 – Workout C – Challenge Madness 300

Do the following circuit ONE time resting as little as possible. Don't move into the next exercise until you complete all reps. Record your time and try to beat the time it takes you to complete this circuit each week. After the circuit, rest 2 minutes and move into the finisher.

- 1A) Vertical Jump and Stick (25)
- 1B) 1-Arm Extended Pushup (25/side)
- 1C) Alternating Reverse Lunge (25/side)
- 1D) Spiderman Climb (25/side)
- 1E) Stability Ball Leg Curls (25)
- 1F) Stability Ball Jackknife Pushups or TRX Atomic Pushups (40)
- 1G) Total Body Extensions (60)

Finisher – The High 5's Challenge Finisher

Do the following circuit 5 times, resting only when needed. Each week, try to improve the time it takes you to complete all 5 rounds.

- 2A) Shuttle Sprint (back and forth 5 times)
- 2B) Burpee/X-Body Mountain Climber Combo (5)
- 2C) Alternating Lateral Lunge (5/side)
- 2D) Star Shuffle (5/side)
- 2E) X-Body Mountain Climber (5/side)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Challenge Madness

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Low Box or Bench Jumps (1 min)												
1B) Inv Row or Strap Row (1 min)												
2A) NS Bodyweight Squat (1 min)												
2B) Switch Pushup (1 min)												
3A) Bench Vault (1 min)												
3B) Mountain Climbers (1 min)												
4A) BJS or BSS (10/side...1/side)												
4B) SB Ab Pike or TRX Ab Pike (10..1)												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) T Pushups (6/side)												
1B) BW Walking Lunges (12/side)												
1C) SB/AW RO or TRX Ab Fallout (12)												
2A) Burpee (10)												
2B) Sprinter Step-up (15)												
2C) SB Stir-the-Pot or SC (10/side)												
3A) Lunge Jumps (3/side)												
3B) Explosive Pushups (3)												
3C) Bodyweight Chops (3/side)												
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Vertical Jump & Stick (25)												
1B) 1-Arm Extended PU (25/side)												
1C) Alt Reverse Lunge (25/side)												
1D) Spiderman Climb (25/side)												
1E) SB Leg Curls (25)												
1F) SB JK PU or TRX Atomic PU (40)												
1G) Total Body Extensions (60)												
2A) Shuttle Sprint (back & forth 5x)												
2B) Burpee/X-Body MC Combo (5e)												
2C) Alt Lateral Lunge (5/side)												
2D) Star Shuffle (5/side)												
2E) X-Body Mountain Climber (5/side)												

Challenge Madness

Exercise Descriptions

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.

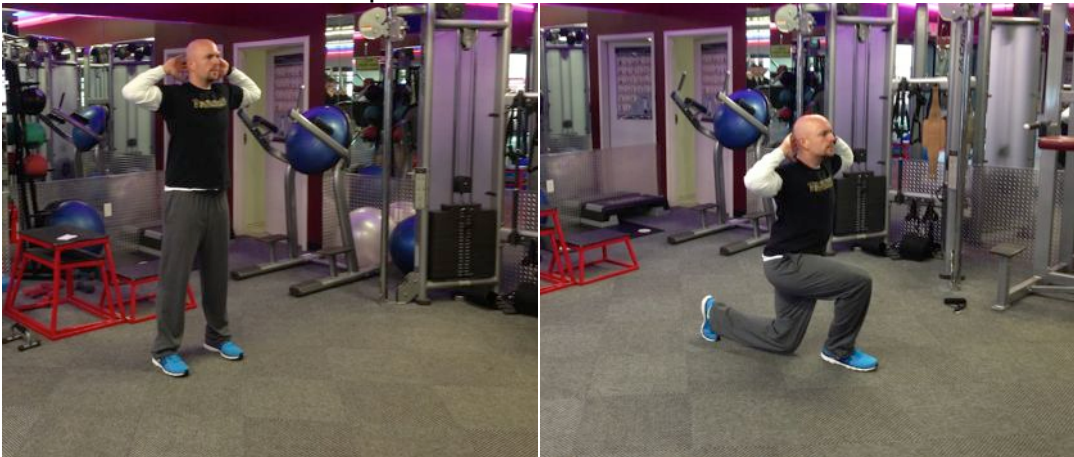
Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



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.



Challenge Madness

Warm-up

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.



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.



Challenge Madness

Workout A

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



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.

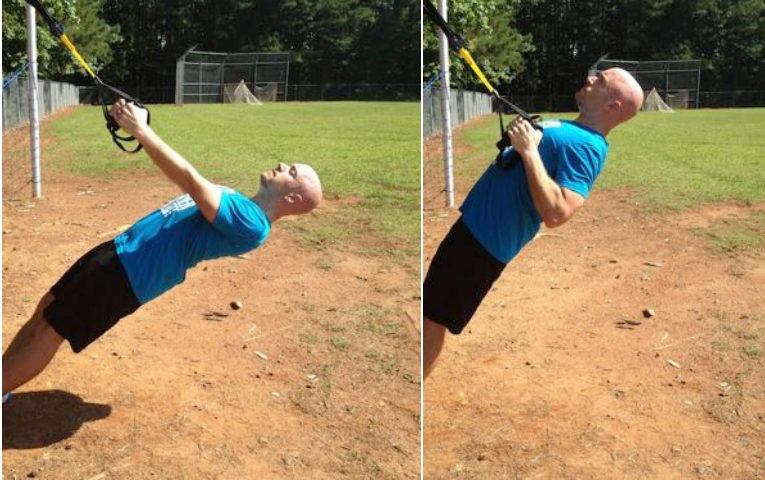


Challenge Madness

Workout A

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.



Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet NARROWER than hip-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.



Challenge Madness

Workout A

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.
- You can also do this without the elevation and switch hand positions.



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.



Workout A

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.



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.



Workout A

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.



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.



Challenge Madness

Workout A

TRX Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- 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, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.



Workout B

T Pushups – (see above)

Bodyweight 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.



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.



Challenge Madness

Workout B

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.



TRX Ab Fallout

- Kneel on the ground with your hands in the straps.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Lean forward & extend your arms overhead and keep your abs braced as they stretch.
- Contract your abs and keep your body in a straight line from toes to shoulders as you come back up to the start.



Challenge Madness

Workout B

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.
- 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.



Sprinter Step-ups

- Set up a low box or step directly in front of you
- Step up on the step and back down as fast as you can, but with control
- Repeat as necessary



Workout B

Stability Ball Stir-the-Pot

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



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.



Challenge Madness

Workout B

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



Explosive Pushups (AKA Plyo Pushups)

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



Challenge Madness

Workout B

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.



Challenge Madness

Workout C

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.



1- Arm Extended Pushup (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.



Workout C

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



Spiderman Climb – (see above)

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.

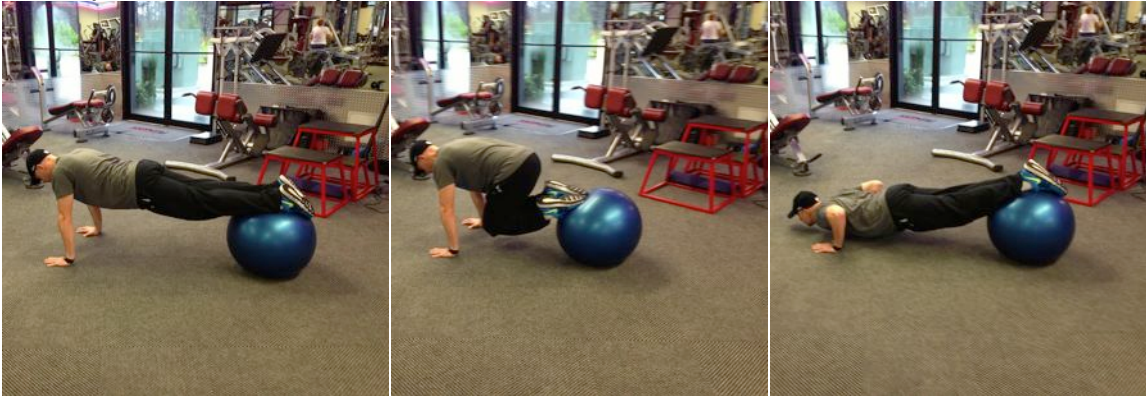


Challenge Madness

Workout C

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



TRX Atomic 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 into the TRX straps
- Take 5 seconds to 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.



Challenge Madness

Workout C

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.**



Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Challenge Madness

Workout C

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.



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.



Challenge Madness

Workout C

Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45 degree 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



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

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

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