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METABOLIC SWEET 16

**16-Minute Workouts for
Busy People**



MIKE WHITFIELD, CTT

Welcome from Mike Whitfield & Workout Finishers



Whether it's the holidays or just a busy schedule, there's no reason you need to abandon your workout plans and get all flabby and tired.

That's a road to becoming unhealthy. That road is horrible. I've been there.

Now you can get an amazing workout in just 16 minutes when it's done right. That means you'll need to use the best exercises in the best order with minimum rest.

Enter the Metabolic Sweet 16's workouts. Why 16 and not 15? Well, the title of the program wouldn't have been nearly as cool – that's why.

With these short, but intense workouts, you can still burn tons of calories even on the busiest of schedules. And the best part?... they will give you all day energy.

After all, if you're that busy, you'll need it. <== Excellent point Mikey. Thanks self.

Get busy (and use these workouts to eliminate the excuses),
Mike Whitfield, CTT (Mikey)

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

www.WorkoutFinishers.com - Get over 50 metabolic finishers you can use with any workout for shocking fat loss results without boring cardio or intervals

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

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

Disclaimer:

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

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

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question inside the Workout Finishers Inner Circle at www.FinisherFreaks.com
- 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.



Metabolic Sweet 16's 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

Run in Place or Jump Rope (20 secs)

Prisoner Squat (10)

Close-Grip Pushups (10)

Train 3 days per week.

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

Metabolic Sweet 16's Workout Schedule

Day 1 – Workout A

Do the following circuit as many times as possible in 10 minutes, resting only when needed. When the 10 minutes are up, rest 1 minute and move into the superset.

1A) Narrow Stance Squat or Narrow Stance Goblet Squat (8)

1B) DB Row (8/side)

1C) KB or DB Swings (15)

Do the following superset as many times as possible in 5 minutes, resting only when needed.

2A) Alternating DB Chest Press (10/side)

2B) BodySaw (10)

Stretch as needed

Day 2 – Recovery day and light activity

Metabolic Sweet 16's Workout Schedule

Day 3 – Workout B – The Bodyweight Sweet 16

1A) Prisoner Switch Lunge (30 seconds per side)
1B) Stability Ball Jackknife Pushup or Atomic Pushup (30 seconds)
1C) Vertical Jump and Stick (30 seconds)
1D) Plank with Feet on Stability Ball or in TRX Straps (30 seconds)
Rest 30 seconds and repeat 2 more times

2A) Inverted Row or Strap Row (30 seconds)
2B) 1-Leg Romanian Deadlift (30 seconds per side)
2C) Jump Rope or Jumping Jacks (30 seconds)
Rest 30 seconds and repeat 2 more times

Stretch as needed

Day 4 – Recovery day and light activity

Metabolic Sweet 16's Workout Schedule

Day 5 – Workout C

Do the following circuit as many times as possible in 12 minutes resting only when needed. Once the 12 minutes are up, rest 1 minute and proceed to the finisher.

- 1A) DB Squat and Press (12)
- 1B) Stability Ball Plank or Plank (30 seconds)
- 1C) 2-Arm DB Row (15)

Finisher

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

- 2A) Burpees (3)
- 2B) Bodyweight Triple Stop Squat (3)
- 2C) Offset Pushup (3/side)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Metabolic Sweet 16's

Workout A												
AMAP in 10 Mins:												
1A) NS Squat or NS Gob Squat (8)												
1B) DB Row (8/side)												
1C) KB/DB Swings (15)												
AMAP in 5 mins:												
2A) DB Chest Press (10/side)												
2B) Bodysaw (10)												
Workout B												
1A) Prisoner Switch Lunge (30s/side)												
1B) SB JK PU or Atomic PU (30s)												
1C) Vertical Jump & Stick (30s)												
1D) Plank w/Feet on SB or TRX (30s)												
2A) Inverted Row or Strap Row (30s)												
2B) 1-Leg RDL (30s/side)												
2C) Jump Rope or JJs (30s)												
Workout C												
AMAP in 12 mins												
1A) DB Squat & Press (12)												
1B) SB Plank or Plank (30s)												
1C) 2-Arm DB Row (15)												
Finisher – AMAP in 3 Mins												
2A) Burpees (3)												
2B) BW Triple Stop Squat (3)												
2C) Offset Pushup (3/side)												

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.

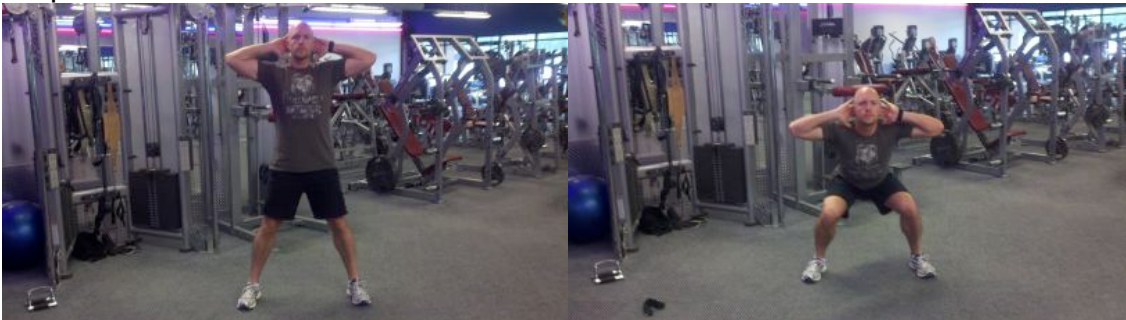
Run in Place

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



Prisoner 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.



Warm-up

Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



Workout A

Narrow-Stance Barbell Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be right at shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.



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 A

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.



KB/DB Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Workout A

DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



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!



Workout B

Prisoner Switch Lunge

- Stand with your feet shoulder width apart, with your hands behind your head, squeezing your shoulder blades together.
- 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.



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



Workout B

Atomic Pushup

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- 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 contracting your abs and pulling your feet 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



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.



Workout B

Plank with Feet on a Stability Ball

- With your feet on a stability ball, perform a plank by putting your forearms on the ground.
- Maintain a straight line with your body and don't let your hips sag.
- Brace your abs.
- Maintain this position as prescribed.



Plank w/ Feet in Straps (TRX)

- Place your feet in the straps and your elbows on the ground
- Maintaining a straight line with your body, keep your abs braced and hold this position as prescribed.
- Do not let your hips sag.



Workout B

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.



Strap Row

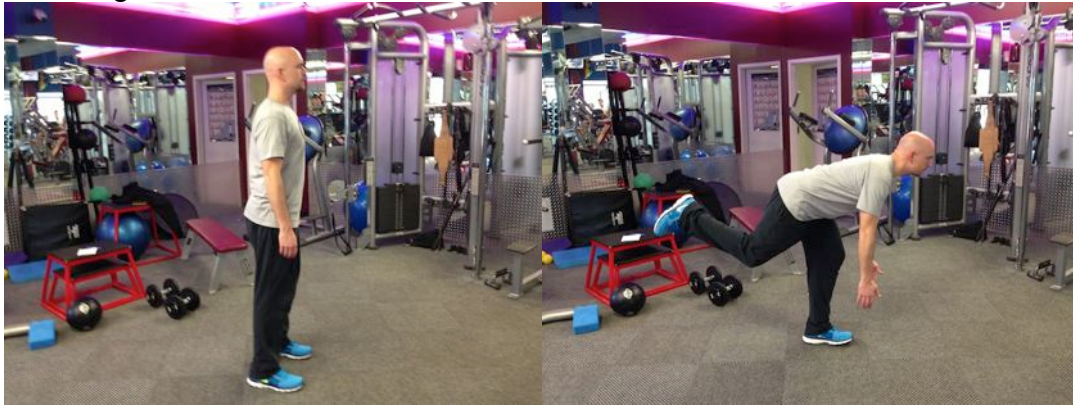
- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Workout B

Bodyweight 1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



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



Workout C

DB Squat and Press

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position
- Pressing the weight overhead.



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.



Workout C

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.



2-Arm DB Row

- Hold a dumbbell in each hand with an a neutral or 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.



Workout C

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.



Bodyweight Triple Stop Squat

- Stand with your feet just greater than shoulder-width apart.
- Squat about 1/4th of the way down and pause for one second.
- Continue to the halfway position and hold for one second.
- Continue to squat as deep as possible and hold the bottom for one second.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Workout C

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.



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

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

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

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

www.FinisherFreaks.com - The OFFICIAL Workout Finishers Inner Circle

- ✓ 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