

PANCAKE FINISHERS

DO THE **WORKOUTS**,
EAT THE **PANCAKES**



MIKE WHITFIELD, CTT

Pancake Finishers?

Welcome from Mike Whitfield & Workout Finishers



What started out as a joke at the Fitness Business Summit has become a reality. “Dude, you should totally come out with ‘Pancake Finishers’ since you like pancakes so much”. And I did. You’re darn right I’m serious ...

Do the workouts. Eat the pancakes.

There’s 3 women I love and respect and they are my wife, my mom and Aunt Jemima. A plate of pancakes puts a smile on my face every time. I’ve enjoyed them since I was a kid.

And now you can enjoy them, too. These workouts are long. I won’t lie. They are brutal, too. But you get something special at the end of each workout. That’s right you little sweet sugary batter freak. You get a pancake finisher (after the workout finisher of course).

Now I’m NOT saying you can do these workouts and eat pancakes and expect amazing results. C’mon. You know better.

But can you have a few pancakes while cutting back the rest of the day and doing these workouts? Hhhmmmm..... only one way to find out.

**Do the workouts. Eat the pancakes,
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.

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.



Pancake Finishers 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 Circuit (before every workout)

Prisoner Split Squat (10/side)
T Pushups (5/side)
Waiters Bow (15)
Arm Crosses (15)
Bodyweight Squat (12)
Plank (20 seconds)

Train 3 days per week.

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

Pancake Finishers?

Pancake Finishers Workout Schedule

Day 1 – Workout A

1A) DB Bulgarian Split Squat (8/side)
1B) DB Triple Press (6 per movement)
1C) KB or DB Swings (20)
Rest 1 minute and repeat 2 more times

2A) Goblet Reverse Lunge (10/side)
2B) DB Chest-Supported Row (12)
2C) Cable or DB Chops (15/side)
Rest 1 minute and repeat 2 more times

3A) Box or Bench Jumps (10)
3B) TRX Atomic Pushup or Stability Ball Jackknife Pushup (15)
3C) Skater Hops (15/side)
3D) TRX Ab Fallout or Ab Wheel or Stability Ball Rollout (12)
3E) Total Body Extension (20)
3F) Bodysaw (15)
Rest 1 minute and repeat 2 more times

Workout Finisher

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

4A) Double Burpee (5)
4B) Jumping Jacks (30)

Stretch as needed

Pancake Finisher – It's early in the week. Take your time with the pancakes you little pancake freak. ...

5A) 4 pancakes with butter and syrup
5B) 2-3 strips of bacon
Eat one time and then go into a sugar coma

Day 2 – Recovery day and light activity (sorry, no pancakes for you)

Pancakes Finishers Workout Schedule

Day 3 – Workout B

1A) Chin-ups or Inverted Row or Strap Row (2 reps short of failure)

1B) DB Squat and Press (8)

Rest 30 seconds and repeat 2 more times

2A) Goblet Switch Lunge (8/side)

2B) DB Squeeze Press (10)

Rest 30 seconds and repeat 2 more times

3A) 1-Leg DB Romanian Deadlift (8/side)

3B) Stability Ball Stir-the-Pot or X-Body Mountain Climber (8/side)

Rest 30 seconds and repeat 2 more times

4A) Jump Squats (10)

4B) Renegade Row (8/side)

4C) Bench Vault (20/side)

4D) Pushup Plank (30 secs)

Rest 1 minute and repeat 2 more times

Workout Finisher

Do the following superset resting only when needed. In the first superset, you'll perform 8 reps of each exercise. In the next superset, you'll perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

5A) Bodyweight Walking Lunges (8/side, 7/side.... 1/side)

5B) Decline Spiderman Pushups (8/side, 7/side... 1/side)

Stretch as needed

Pancake Finisher

You're getting serious. Well played.

6A) 3 pancakes (extra fluffy) with chopped pecans or chocolate chips in the batter and syrup or chocolate syrup

6B) 1 huge glass of milk (for the protein baby)

Eat one time, pat the belly, and whisper "you rock" to yourself.

Day 4 – Recovery day and light activity (no pancakes)

Pancake Finishers Workout Schedule

Day 5 – Workout C

1A) Deadlift or DB Squat (5)

Rest 30 seconds and repeat 4 more times for a total of 5 sets

2A) DB Row (6/side)

2B) DB Incline Chest Press (6)

2C) Stability Ball Leg Curl (12)

2D) Stability Ball Ab Pike (10)

2E) 1-Arm KB or DB Swings (15/side)

2F) Explosive Pushup or Triple Stop Pushup (10)

2G) Alternating Lateral Lunge (15/side)

2H) Mountain Climbers (12/side)

Rest 1 minute and repeat 2 more times

Workout Finisher – The Sick 6

Do the following circuit 6 times, resting for 16 seconds between circuits.

3A) Lunge Jumps (6/side)

3B) Squat Thrust (6)

3C) Close-Grip Pushups (6)

Stretch any tight muscles

Pancake Finisher

The moment you've been waiting for...

4A) IHop's CinnaStack Pancakes w/butter pecan syrup

4B) BACON!

4C) Large glass of milk

Eat one time, rest for 5 minutes and then repeat 1 more time if you're a pancake freak.

Days 6 and 7 – Recovery day and light activity (no pancakes)

Pancake Finishers?

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) DB BSS (8/side)												
1B) DB Triple Press (6/mvmt)												
1C) KB/DB Swings (20)												
2A) Goblet Reverse Lunge (10/side)												
2B) DB Chest-Supported Row (12)												
2C) Cable or DB Chops (15/side)												
3A) Box or Bench Jumps (10)												
3B) TRX Atomic/SB Jackknife PU (12)												
3C) Skater Hops (15/side)												
3D) TRX AB Fallout or Ab Wheel/SB Rollout (12)												
3E) Total Body Extension (20)												
3F) Bodysaw (15)												
4A) Double Burpee (5)												
4B) Jumping Jacks (30)												
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) Chin-Ups or Inv/Strap Row (2<fail)												
1B) DB Squat and Press (8)												
2A) Goblet Switch Lunge (8/side)												
2B) DB Squeeze Press (10)												
3A) 1-Leg DB RDL (8/side)												
3B) SB Stir-the-Pot/XBody MC (8/side)												
4A) Jump Squats (10)												
4B) Renegade Row (8/side)												
4C) Bench Vault (20/side)												
4D) Pushup Plank (30s)												
5A) BW Walking Lunges (8...1/side)												
5B) Decline Spiderman PU (8...1/side)												

Pancake Finishers?

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) Deadlift or DB Squat (5)												
2A) DB Row (6/side)												
2B) DB Incline Chest Press (6)												
2C) Stability Ball Leg Curl (12)												
2D) Stability Ball Ab Pike (10)												
2E) 1-Arm KB/DB Swings (15/side)												
2F) Explosive or Triple Stop PU (10)												
2G) Alt Lateral Lunge (15/side)												
2H) Mountain Climbers (12/side)												
3A) Lunge Jumps (6/side)												
3B) Squat Thrust (6)												
3C) Close-Grip Pushups (6)												

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.

Prisoner Split Squat

- Stand with your feet shoulder-width apart with your hands behind your head squeezing your shoulder blades together.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.
- Be sure to maintain your elbows back and keep your shoulder blades squeezed together during the whole movement.



Pancake Finishers?

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.



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.



Pancake Finishers?

Warm-up

Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do 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.



Pancake Finishers?

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.



Workout A

DB 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.



Workout A

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 A

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.



Goblet Reverse Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Do all reps on one side then switch



Workout A

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.



Cable Chop

- Stand beside a cable stack with the handle set up at the top position.
- Start with the handle held in both hands over one shoulder.
- Keep your abs braced hard.
- Pull the handle down and across the body, rotating only at the upper back level with a slight bend in the knees.
- Chop the handle down below knee level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Workout A

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.



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 A

TRX 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



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



Pancake Finishers?

Workout A

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.



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.



Workout A

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.



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.



Workout A

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.**



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 A

Double 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 TWO pushups
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



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 B

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



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.



Workout B

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.



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.



Workout B

Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- 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 and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



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.



Workout B

1-Leg DB 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.



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.



Workout B

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.



Jump Squats

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Workout B

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



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 B

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- 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.
- The lower you are, the more difficult it will be



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.



Workout B

Decline Spiderman Push-up

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



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 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”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Keep your low back arched. Do NOT round your low back.



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 C

DB Incline Chest Press

- Hold two dumbbells in front of your chest with your palms facing each other while lying on an incline bench.
- Push the dumbbells straight up using your chest, shoulders and triceps.
- Slowly return to the starting position.
- 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.



Workout C

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.



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.



Workout C

Explosive 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



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.



Workout C

Alternating Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbells at your side (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.



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

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



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 C

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.



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

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“ He had a fresh approach to training”- Robin