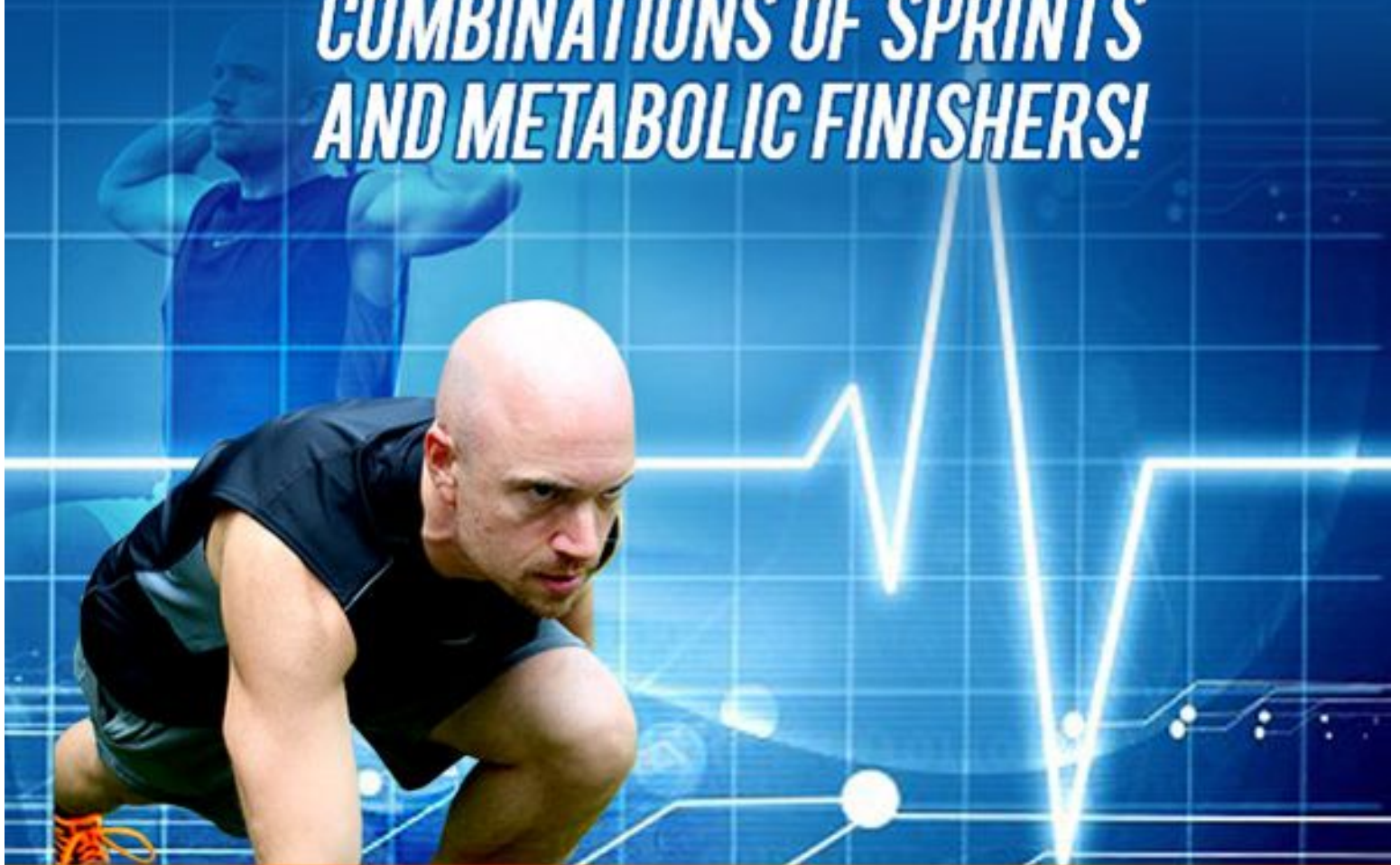


31 SPRINT FINISHERS

**GET SHREDDED FAST WITH INSANE
COMBINATIONS OF SPRINTS
AND METABOLIC FINISHERS!**



MIKE WHITFIELD, CTT

A message from Mike Whitfield, CTT



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

The feedback was crazy. It started with a question on Facebook... “I’m curious - would you kids be interested in a “Sprint Finishers” program?” And then you spoke...

“As a hill sprint addict... YES!” ... “YES, YES, YES!” ... “Yes sir!” and more just like that.

You already know the power of using sprints to improve your conditioning and shed fat. But what happens when you combine sprints and finishers? Does a unicorn appear bringing you a cold glass of tea? No, but that would be cool.

Instead, you’ll discover a lethal combination to burn off even the most stubborn fat you THOUGHT meant to stay there.

Now one thing to keep in mind is that these should be used as conditioning workouts. Sure, you can plug them in at the end of your workout, just know that these are longer than my usual finishers. Simply choose one and do it... you’ll burn fat and improve your conditioning... FAST.

Oh yeah, and my challenge to you – tighten up your diet a little bit and incorporate these into your workout regimen. You’ll be pleasantly surprised. Sure this is probably the most insane combo EVER, but who said you had to follow the rules?

**Let’s get insane,
Mike Whitfield (Mikey), CTT**

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

www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

www.facebook.com/WorkoutFinishers - Find me on Facebook

Disclaimer:

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

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

Train SAFE!

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

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



Why Sprint?

Sprinting is one of the most effective forms of fat loss training. Let's get a little scientific...

When the body performs any explosive movement (like sprinting) at a high intensity, it releases growth hormone (GH) immediately and in the days to follow, to aid in recovery.

In fact, one study showed that a 30 second all-out sprint increased Human Growth Hormone (HGH) a whopping **530 percent over baseline levels**. High growth hormone levels are ideal for shedding fat while keeping lean muscle tissue at the same time.

When you perform sprints, you increase the size of the mitochondria, the part of the cell which stores energy. This makes the body more efficient at releasing energy and thus it has fewer propensities to store body fat for energy (also known as burning off stubborn fat).

This means that sprinting not only oxidizes fat cells, but it also aids your body into preventing NEW fat from being stored.

Here's another interesting study...

The study, published in the journal of Medicine and Science in Sports and Exercise compared the effect of a sprint interval program that included 30-second sprints with an endurance running program at 65 percent of maximal for 30 to 60 minutes over 6 weeks. Participants in the sprint interval group increased their volume from running 4 sprints with 4 minutes rest per session to doing 6 sprints per session by the end of the study. The endurance running group increased run time by 15 minutes every 2 weeks to reach 1 hour of training time per session.

The sprint interval group lost an impressive 12.4 percent body fat and an average of 2 to 3 kg of fat mass after 6 weeks. **They spent a total of .75 of an hour actually sprinting compared to the endurance group that spent 13.5 hours running.** T

For you math nerds, that means the sprint interval group spent just 5.5% as much time training as the endurance group.

That means more times for pancakes.

The endurance training group also lost about half a kilo of fat, which was likely due to the caloric deficit that came from greater energy expenditure while

Sprint Finishers

running. The sprint intervals were more effective due to increased post exercise oxygen consumption (aka the “afterburn”).

Take some time to read this article by Jason Ferruggia on hill sprints, too:

<http://trainwithfinishers.com/hillsprints>

In that article, you'll get some amazing sprinting tips on form and more.

Now imagine combining the power of sprints PLUS finishers into one amazing conditioning workout.

That's what you're going to get with this Sprint Finishers system. You'll get a combination of bodyweight conditioning, sprinting, and even some bonus KB/DB/Strap work.

It's like all the fat-loss Superheros coming together.

Have fun!
Mikey, CTT

Sprint Finishers

Note – I figured the best way to organize these Sprint Finisher routines was like this:

Finishers 1 – 21

Sprints and Bodyweight (requires ZERO equipment)

Finishers 22 – 31

“Hybrid” of Sprints, Bodyweight, KB/DB, and Suspension Exercises

Things to Remember

- This is a different finisher program. These workouts should be used as conditioning workouts on your off days (but no more than 3 days per week). If you find yourself struggling through your main workouts, then cut back on the sprint workouts. HOWEVER, you can plug these at the end of your workout, just know that these are longer than my typical finishers. Cool?
- You can also use these as a second workout (for those that like the 2-a-day style workouts). So you could do your strength workout in the morning and your sprint workout later in the day.
- Be conservative when you try a sprint workout for the first time. Don't be afraid to cut back the first time you try a sprint workout (do less rounds, cut back on intensity, etc.)
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

A "superset" is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have the following:

Do the following superset 3 times with 30 secs of rest between supersets.

Body Squats (10)

Push-ups (10)

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A "circuit" is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following:

Do the following circuit 4 times, resting for 1 minute between circuits

Body Squats (10)

Push-ups (10)

Inverted Row (8)

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

There are exceptions (density circuits for example)

Sprint Finishers

NOTE – ALWAYS warm up before doing ANY sprints. Here is a warm-up you can do before your sprint workouts:

Bodyweight Squat (10)

T Pushups (3/side)

Jumping Jacks (15)

Leg Swings (15/side)

Rest 30 seconds and repeat one more time, then...

Specific sprint warm-ups

Sprint (20 secs) at about 50% of your maximum speed, rest 30 seconds

Sprint (20 secs) at about 70% of your maximum speed, rest 30 seconds

Sprint (20 secs) at about 80% of your maximum speed, rest 1-2 minutes

Alright, getty-up. It's time.

Sprint and Bodyweight Workouts

Finisher # 1 – Sprint and Burpee Sandwich

Do the following circuit 3 times, resting as shown:

Sprint (20 secs), rest 1 minute
Double Burpee (5)
Burpee/X-Body Mountain Climber Combo (5)
Burpee/Spiderman Pushup Combo (5), rest 1 minute
Sprint (20 secs), rest 1 minute

Finisher # 2 – The 8/12 Addiction

Do the following for 10 minutes:

Sprint (8 secs), rest 12 secs

After the 10 minutes are up, rest 2 minutes. Then...

Do the following circuit ONE time, resting as shown:

Total Body Extensions (8 secs), rest 12 secs (Do this 6 times)
Bodysaw (8 secs), rest 12 secs (Do this 6 times)
Jumping Jacks (8 secs), rest 12 secs (Do this 6 times)

Finisher # 3 – Push, Sprint and Push

Do the following circuit 3 times:

Close-Grip Pushups (15)
Sprint (15 secs), rest 30 secs
Offset Pushups (8/side)
Sprint (15 secs), rest 30 secs
Pushups (15)
Sprint (15 secs), rest 30 secs

Sprint and Bodyweight Workouts

Finisher # 4 – Hilltop Difficulties

Find a hill about 30 yards long and do the following circuit ONE time resting as shown:

Sprint up the hill, rest 30 secs, then walk down the hill
Sprint up the hill, rest 30 secs
Bodyweight Squats (20), walk down the hill
Sprint up the hill, rest 1 minute
Bodyweight Squats (20)
Spiderman Climb (10/side), walk down the hill
Spring up the hill, rest 30 secs
Bodyweight Squats (20)
Spiderman Climb (10/side)
Skater Hops (10/side), walk down the hill
Sprint up the hill

Finisher # 5 – Density Sprints

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes
Once the 5 minutes are up, rest 1 minute then...

20-yard sprints (as many as possible in 5 minutes)
Once the 5 minutes are up, rest 1 minute then...

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes

Finisher # 6 – Sprinting Gauntlet

Do the following circuit 4 times, resting as shown

Sprint (15 secs), rest 30 secs
1-Arm Extended Pushup (15 secs), rest 30 secs
Sprint (15 secs), rest 30 secs
X-Body Mountain Climbers (15 secs), rest 30 secs
Sprint (15 secs), rest 30 secs

Sprint and Bodyweight Workouts

Finisher # 7 – The Hillbilly Supersets

Find a hill that is 30 yards long

1A) Hill sprints (3) (walking back down is your recovery)

1B) Alternating Diagonal Lunge (15/side)

Rest 1 minute and repeat 2 more times

2A) Hill Sprints (3) (walking back down is your recovery)

2B) T Pushups (6/side)

Rest 1 minute and repeat 2 more times

Finisher # 8 – The Sprinting Monster

Do the following circuit 6 times, resting as shown:

Sprint (10 secs)

T Pushups (30 secs)

Sprint (10 secs)

Rest 30 secs

Sprint (10 secs)

Prisoner Squats (30 secs)

Sprint (10 secs)

Rest 30 secs

Sprint and Bodyweight Workouts

Finisher # 9 Heart-Pumping Trios

Find a hill 20-30 yards long

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes, then move into the next circuit.

- 1A) Hill Sprints (2)
- 1B) Explosive Pushup (2)
- 1C) Lunge Jumps (2/side)

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes and move into the last circuit.

- 2A) Total Body Extensions (10)
- 2B) Hill Sprints (2)
- 2C) Mountain Climbers (5/side)

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

- 3A) Hill Sprints (2)
- 3B) Jumping Jacks (10)
- 3C) X-Body Mountain Climbers (5/side)

Finisher # 10 – 40-Yard Metabolic Dash and Smash

Sprint (40 yards), rest 1 minute – Do this 8 times, then...

Do the following circuit ONE time

- Triple Stop Pushup (12)
- Alternating Lateral Lunge (12/side)
- Spiderman Climb (12/side)
- 1-Leg Romanian Deadlift (12/side)
- Rest 1 minute

Sprint (40 yards), rest 1 minute – Do this 4 times

Sprint and Bodyweight Workouts

Finisher # 11 – AB-solute Rush

Do the following circuit ONE time:

Sprint (30 secs), rest 1 minute
Plank to Triceps Extension (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
X-Body Mountain Climber (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
Pushup Plank (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
Side Plank (30 secs/side), rest 1 minute
Sprint (30 secs), rest 1 minute
Bodysaw (30 secs), rest 1 minute
Sprint (30 secs)

Finisher # 12 – 20-Minute Conditioning Chaos

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

Shuttle Sprint (about 10-15 feet apart) (back and forth 4X)
Burpees (5)
Sprint (20 yards)
Alternating Prisoner Reverse Lunge (5/side)
Shuttle Sprint (back and forth 4X)
Spiderman Pushups (5/side)
Sprint (20 yards)
Skater Hops (5/side)

Sprint and Bodyweight Workouts

Finisher # 13 – Half and Half

Do the following sprint circuit as shown, then move into the next circuit:

Sprint (10 secs), rest 1 minute – Do this 6X

Sprint (20 secs), rest 1 minute – Do this 4X

Sprint (30 secs), rest 1 minute - Do this 2X

Then...

Do the following circuit 3 times, resting for 30 secs between circuits:

Jump Squats (6)

Pushups (15)

Total Body Extensions (15)

Finisher # 14 – Sprinting and the 4-Moves Quartet

Do the following circuit as shown 3 times:

Sprint (20 secs), rest 1 minute – Do this 3X

TD Lunge (8/side)

Close-Grip 3/4th Rep Pushups (20)

Skater Hops (15/side)

Bodyweight Squats (20), rest 1 minute

Finisher # 15 – A Splash of Sprint

Do the following circuit 4 times, resting only when needed:

Prisoner Split Squat (10/side)

Pushup/X-Body Mountain Climber Combo (10)

Sprint (30 yards)

Powerlock Pushups (with a 3-second lowering phase) (10)

Bodyweight Sumo Squat (10)

Sprint (30 yards)

Sprint and Bodyweight Workouts

Finisher # 16 – Sprinting the Extension

Do the following circuit 3 times:

Shuttle Sprints (15 secs), rest 1 minute

Sprint (15 secs), rest 1 minute

Shuttle Sprint (15 secs), rest 1 minute

Sprint (15 secs), rest 1 minute

Then...

Total Body Extensions (100)

Finisher # 17 – Dirty Dozen

Find a hill that is about 30 yards long

Do as many hill sprints as possible in 12 minutes. Once the 12 minutes are up, rest 2 minutes and then do the following circuit ONE time resting only when needed:

Switch Lunge (12/side)

Burpee/X-Body Mountain Climber Combo (12)

Skater Hops (12/side)

Decline Pushups (12)

Alternating Crossover Lunge (12/side)

Bodysaw (MAX reps)

Finisher # 18 – Sprint and Move on the 20's

Do the following circuit 4 times, resting for 1 minute between circuits:

Note – With the short rest periods, your sprints won't be as dominating, but that's what makes this workout different 😊

Sprint (20 secs)

Chest Tap Pushup or Pushup (20 secs)

Rest 20 secs

Sprint (20 secs)

Narrow-Stance Bodyweight Squat (20 secs)

Rest 20 secs

Sprint (20 secs)

Spiderman Climb (20 secs)

Sprint and Bodyweight Workouts

Finisher # 19 – Twice the Acceleration

Do the following circuit as shown:

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs), rest 1 minute, then...

Burpee/Spiderman Pushup Combo (10)
Walking Lunges (10/side – 20 total)
Jumping Jacks (30)
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs), then...

Burpee/Spiderman Pushup Combo (10)
Walking Lunges (10/side – 20 total)
Jumping Jacks (30)
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs)

Finisher # 20 – Sprinting Density Deuces

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

1A) Sprint (30 yards)
1B) Alternating Prisoner Lunge (10/side)

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

2A) Sprint (30 yards)
2B) Bodyweight Death Crawl (6)

Sprint and Bodyweight Workouts

Finisher # 21 – Extreme Conditioning 21

Do the following circuit ONE time, resting only when needed:

Shuttle Sprints (20 secs)
Broad Jump (aka Long Jump) (10)
Sprint (20 secs)
Triple Pushup (30) (10 Decline Pushups, 10 Close-Grip Pushups, 10 Pushups)
Shuttle Sprints (20 secs)
Jumping Jacks (30)
Sprint (20 secs)
Alternating Prisoner Reverse Lunge (15/side)
Shuttle Sprint (20 secs)
Mountain Climbers (15/side)
Sprint (20 secs)
Bodyweight Squat (20)
Shuttle Sprint (20 secs)
T Pushups (8/side)
Sprint (20 secs)
X-Body Mountain Climbers (15/side)
Shuttle Sprint (20 secs)
Total Body Extensions (20)
Sprint (20 secs)
Bodyweight Triple Squat (20)
Shuttle Sprint (20 secs)

“Hybrid” Sprint Workouts

Finisher # 22 – Sprint and Swing

Find a hill about 30 yards long

Do the following circuit ONE time, resting as shown:

Hill Sprints (5) – recovery is walking down the hill

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (4)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (3)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (2)

KB or DB Swings (30)

Rest 1 minute

Hill Sprint (1)

KB or DB Swings (30)

Finisher # 23 – Your Way on the 30's

Do the following in any manner you choose and rest when needed. For example, you can do 1 sprint followed by 10 bodyweight squats, then 10 swings, etc.

Sprints (30 yards) (12)

Renegade Row (30/side) or Single Arm Strap Row (30/side)

Lunge Jumps (30/side)

1-Arm KB or DB Swings (30/side)

“Hybrid” Sprint Workouts

Finisher # 24 – Snatch and Run

Do the following supersets as shown:

1A) KB or DB Snatch (15/side)

1B) Shuttle Sprint (15 secs)

Rest 1 minute and repeat 2 more times, then...

2A) Goblet Squat (20)

2B) Sprint (15 secs)

Rest 1 minute and repeat 2 more times, then...

3A) Renegade Pushups, Suspended Pushups, or Regular Pushups (15-25)

3B) Shuttle Sprint (15 secs)

Rest 1 minute and repeat 2 more times

Finisher # 25 – Hybrid Density

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

Sprint (40 yards)

1-Arm DB Squat & Press (15/side)

Shuttle Sprint (back and forth 6X)

Goblet Switch Lunge (10/side)

Sprint (40 yards)

X-Body Mountain Climber (20/side)

Finisher # 26 – Runnin’ through the Javelin Gauntlet

Do the following circuit 3 times, resting as shown:

Javelin Reverse Lunge (10/side)

Jump Rope (30 secs) or Jumping Jacks (30 secs)

Sprint (30 secs)

Rest 1 minute

Javelin Forward Lunge (10/side)

Skater Hops (30 secs)

Sprint (30 secs)

Rest 1 minute

“Hybrid” Sprint Workouts

Finisher # 27 – 20-10 Revolution and Sprints

Do the following circuit as shown. So you'll start with Swings for 20 secs, rest 10 seconds and then do that 3 more time for a total of 4 rounds. Then you'll proceed to the next exercise...

Goblet Jump Squat (20 secs), rest 10 secs – 4X
T Pushups (20 secs), rest 10 secs – 4X
Strap Row, 2-Arm DB Row or Bodyweight Row (20 secs), rest 10 secs – 6X
KB or DB Swings (20 secs), rest 10 secs – 6X
Rest 1 minute and then...

Sprint (10 secs), rest 20 secs – 8X

Finisher # 28 – Strap to Sprint

1A) 1-Leg Assisted Squat or Split Squat (15/side)
1B) Strap Ab Fall out or Inchworm (15)
1C) Shuttle Sprint (20 secs)
Rest 1 minute and repeat ONE more time

2A) Strap Squat and Row (15) or BW Squat (15) followed by BW Row (15)
2B) Strap X-Body Mountain Climber or X-Body Mountain Climber (15/side)
2C) Sprint (20 secs)
Rest 1 minute and repeat ONE more time

3) Shuttle Sprint (20 secs)
Rest 1 minute and repeat 5 more times

Finisher # 29 – Sprinting to Death

Find a hill that is about 30 yards.

Complete 12 hill sprints and rest as needed. Once you complete 12 sprints, rest 1 minute and proceed to:

Death Crawl (5)
Rest 30 secs and repeat 3 more times

“Hybrid” Sprint Workouts

Finisher # 30 – Density Hybrid Circuit Super

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and proceed to the second circuit.

- 1A) Strap Spiderman Pushup or Spiderman Pushup (5/side)
- 1B) Sprint (20 yards)
- 1C) Strap Jackknife or Squat Thrust (10)
- 1D) Sprint (20 yards)
- 1E) Bodyweight Triple Squat (10)
- 1F) Sprint (20 yards)

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

- 2A) Shuttle Sprint (back and forth 4X)
- 2B) KB or DB Swings (15)

Finisher # 31 – Snatch, Sprint and Repeat

- KB or DB Snatch (10/side)
- Sprint (30 secs)
- Rest 1 minute and repeat 5 more times

Exercise Library
(Exercises are in alphabetical order)

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

1-Arm DB Squat & Press

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



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.



1-Arm KB or DB Swings

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



1-Leg Assisted Squat

- Stand with your feet hip width apart. Grab the strap handles and lean back.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement at the hip joint. Push your butt back and sit back as if you were sitting on a chair.. Squat slowly and focus on balance.
- Squat as low as possible, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



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.



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.



Alternating Crossover Lunge

- Stand with your feet about shoulder width apart.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



Alternating Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



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.



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.



Alternating Prisoner Reverse Lunge

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



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!



Sprint Finishers

Bodyweight Death Crawl

- Start in a push-up position.
- Do four Superman push-ups by extending one arm out after doing a pushup – alternate sides (2/side)
- Now, do a walking plank, moving forward several feet by lifting your hands and your feet, and taking tiny steps like an alligator crawl – take 2 steps per side. (Remain in the up position of the push-up.)
- Stand up and do a jump squat.
- Drop down and repeat the sequence.



Bodyweight Row

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Bodyweight Sumo Squat

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



Bodyweight Triple 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”.
- Go just 1/4th of the way down and hold this position for one second.
- Then go halfway down and hold this position for one second.
- Finally, squat as deep as possible, but keep your low back tensed in a neutral position and hold this position for one second.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Broad Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



Burpee/X-Body Mountain Climber Combo

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



Sprint Finishers

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.



Chest Tap 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.
- Explosively push through your chest, shoulders and triceps with enough momentum to tap your chest.
- Drop back into another pushup and repeat.
- Keep your abs braced throughout the movement.



Close-Grip 3/4th 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



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.



Sprint Finishers

Death Crawl

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



Decline Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



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.



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



Goblet Jump Squat

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back while holding a dumbbell or kettlebell at chest height.
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



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



Sprint Finishers

Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Javelin Forward Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step forwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step forward with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.



Sprint Finishers

Javelin Reverse Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step backwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step back with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.



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.



Sprint Finishers

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



KB or DB Snatch

- 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.
- Make sure to watch the video for this one.



KB or 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.



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.



Sprint Finishers

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



Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Narrow-Stance 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.



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.



Plank to Triceps Extension

- 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.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



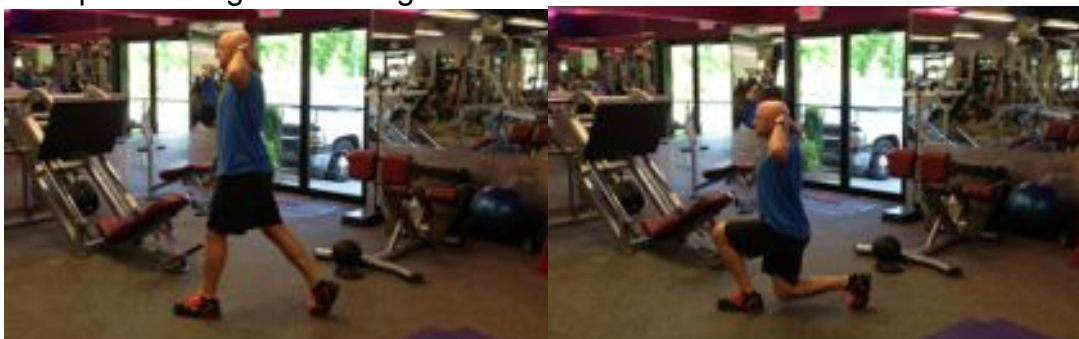
Powerlock Pushup

- Start in the regular pushup position, keeping your abs braced
- “Lock” your shoulder blades by keeping them back, down and squeezing them together.
- Maintaining the locked position with your shoulder blades, lower yourself until you are about 2 inches off the ground.
- Push through the chest, shoulders and triceps to the starting position.
- Maintain your shoulders in the lock position during the whole movement.



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.



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.



Sprint Finishers

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.



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



Pushup/X-Body Mountain Climber Combo

- Start in the pushup position and your abs braced.
- Perform a pushup by lowering yourself to the ground, keeping a straight line with your body.
- Push through your hands back to the starting position.
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your body in a straight line. Repeat for the other side.
- That's one rep – repeat as necessary.



Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



Sprint Finishers

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



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



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.
- Hold this position for the recommended amount of time. Switch sides.



Single Arm Strap Row

- Grab the strap with one hand and take 2 steps backward. Lean back and rest the weight on heels.
- 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.
- Do all reps on one side and then switch



Sprint Finishers

Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Sprint Finishers

Spiderman Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Split Squat

- Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- 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.



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



Sprint Finishers

Strap Ab Fall out

- 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.



Strap Jackknife

- 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.



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.



Strap Spiderman Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your feet in the straps.
- Slowly lower yourself down until your chest is at strap level.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Strap Squat and Row

- Grab the strap handles and place your feet just outside shoulder-width apart.
- Squat down by pushing your hips back, keeping your back neutral.
- Pushing through the heels of your feet using your quads, glutes and hamstrings to the starting position.
- Perform a strap row by pulling on the handles and bringing yourself up and squeezing your shoulder blades together.
- Repeat as necessary.



Strap X-Body Mountain Climber

- Put your hands in the strap handles and form a straight line with your body while being on your toes.
- Bracing the abs, bring one knee in towards the opposite hand.
- Be sure not to let your hips sag.
- Return to the starting position and repeat with the other side.



Sprint Finishers

Suspended Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your hands in the straps slightly wider than shoulder-width apart.
- Slowly lower yourself down until your chest is at strap level.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Switch Lunge

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



Sprint Finishers

T Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



TD Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the 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.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Walking Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



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

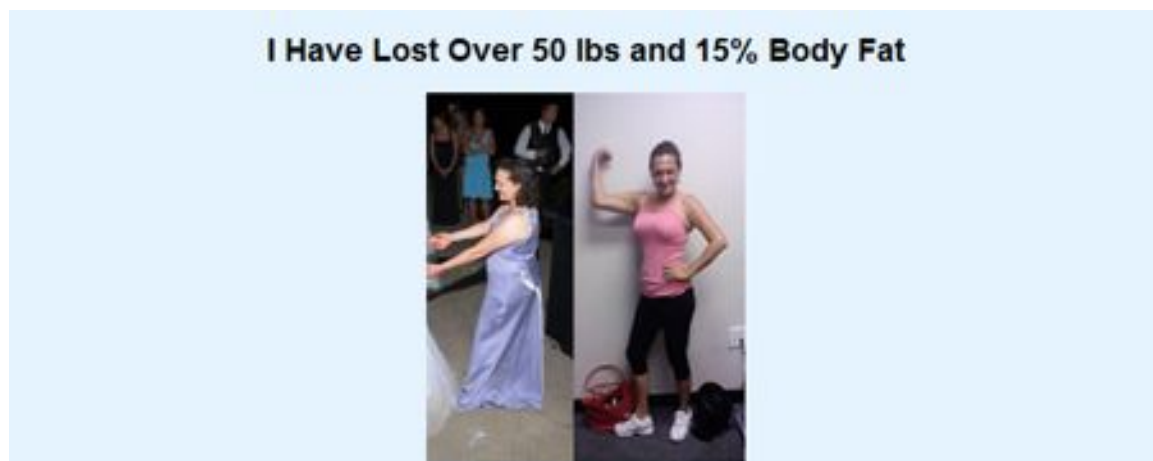
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“Mike really changed up my vision of a workout” – Philip



“ He had a fresh approach to training”- Robin