



Bodyweight Finishers Gauntlet

Welcome from Mike Whitfield & Workout Finishers



Back by popular demand, the hot “Gauntlet” approach is back. You’ll blast through a metabolic bodyweight workout and then you have to go through some bell-fat punishing finishers using the Gauntlet method.

You’ll have to tell me what you think is the most evil. Personally, I think the finisher after workout B alone is a great workout. But unfortunately, it’s after a metabolic resistance training circuit and then a metabolic conditioning circuit.

So yes, this bodyweight treat of a program has it all. MRT, MCT and of course every workout grand finale ends with a gauntlet.

Not to mention you’ll burn fat with the 20-10 style of training in Workout C... then a brutal circuit for the finisher.

Bodyweight training at a whole new level. Brace yourself.

Get gauntletized (it’s a word),
Mike Whitfield, CTT (AKA “Mikey”)

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.



Bodyweight Finishers Gauntlet 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

Jumping Jacks (15)
Bodyweight Squat (10)
T Pushups (5/side)
Alternating Reverse Lunge (10/side)
Arm Crosses (15)

Train 3 days per week.

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

Bodyweight Finishers Gauntlet

Bodyweight Finishers Gauntlet Workout Schedule

Day 1 – Workout A

1A) Prisoner Jump Squat (10)
1B) Triple Stop Pushup (12)
1C) Crossover Lunge (12/side)
Rest 30 seconds and repeat 2 more times

2A) 1-Leg Romanian Deadlift (12/side)
2B) Close-Grip Pushups (20)
2C) Total Body Extensions (20)
Rest 30 seconds and repeat 2 more times

Bodyweight Ab Circuit

3A) Spiderman Climb (10/side)
3B) Cross Crawl (10/side)
3C) Bodysaw (15)
Rest 30 seconds and repeat 2 more times

Bodyweight Gauntlet Finisher

Do the following circuit as many times as possible in 4 minutes, resting ONLY when needed:

4A) Burpee/Spiderman Pushup Combo (3)
4B) Jumping Jacks (10)
4C) Burpee/X-Body Mountain Climber Combo (3)

Stretch as needed

Day 2 – Recovery day and light activity

Bodyweight Gauntlet Finishers Workout Schedule

Day 3 – Workout B Metabolic Minutes

Do as many reps as possible for 1 minute with each exercise. Do not rest between exercises, but rest for 1 minute after each circuit. Do each circuit twice.

MRT Circuit

1A) Bulgarian Split Squat (30 secs/side)

1B) T Pushups (1 min)

1C) Bodyweight Squats (1 min)

Rest 1 minute and repeat 1 more time

MCT Circuit

2A) Skater Hops (1 min)

2B) Mountain Climber Sprint to Start (1 min)

2C) Box Jumps or Total Body Extension (1 min)

2D) Run in Place (1 min)

Rest 1 minute and repeat 1 more time

Bodyweight Gauntlet Ladder Finisher

Do the following circuit resting only when needed. In the first circuit, you'll perform 8 reps for 3B and 3D. In the next circuit, you'll perform 7 reps. Continue in this fashion until you complete 1 rep of each of those exercises. For 3A and 3C, you'll do 5 reps on each side with EVERY circuit.

3A) Lunge Jumps (5/side)

3B) Offset Pushup (8/side, 7/side, etc. down to 1/side)

3C) Lunge Jumps (5/side)

3D) X-Body Mountain Climber with Feet Elevated (8/side, 7/side, etc. down to 1/side)

Stretch as needed

Day 4 – Recovery day and light activity

Bodyweight Gauntlet Finishers Workout Schedule

Day 5 – Workout C The 20-10 Bodyweight Revolution

Do the following circuit, resting as shown. So you'll start by doing the Shuttle Sprint for 20 seconds, then rest 10 seconds and repeat that 5 more times for a total of 6 rounds. Then you'll go into the Decline Pushups, etc.

- 1A) Shuttle Sprint (20 secs), rest 10 secs – 6X
- 1B) Decline Pushups (20 secs), rest 10 secs – 4X
- 1C) Sumo Squat (20 secs), rest 10 secs – 8X
- 1D) Pushup Plank (20 secs), rest 10 secs – 6X
- 1E) Star Shuffle (20 secs), rest 10 secs – 8X

After the circuit, rest 1 minute and then go into the Finisher...

Bodyweight Gauntlet Finisher

Do the following circuit ONE time, resting only when needed. Each week, try to beat your previous time that it takes you to complete the circuit (with good form of course).

- 2A) Alternating Diagonal Lunges (20/side)
- 2B) Bodyweight Chops (20/side)
- 2C) Alternating Diagonal Lunge (20/side)
- 2D) Double Burpee (15)
- 2E) Alternating Diagonal Lunge (20/side)
- 2F) Spiderman Pushups (10/side)
- 2G) Alternating Diagonal Lunges (20/side)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Bodyweight Finishers Gauntlet

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) Prisoner Jump Squat (10)												
1B) Triple Stop Pushup (12)												
1C) Crossover Lunge (12/side)												
2A) 1-Leg Romanian Deadlift (12/side)												
2B) Close-Grip Pushups (20)												
2C) Total Body Extensions (20)												
3A) Spiderman Climb (10/side)												
3B) Cross Crawl (10/side)												
3C) Bodysaw (15)												
4A) Burpee/Spiderman PU Combo (3)												
4B) Jumping Jacks (10)												
4C) Burpee/X-Body MC Combo (3)												
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) Bulgarian Split Squat (30s/side)												
1B) T Pushups (1min)												
1C) Bodyweight Squats (1min)												
2A) Skater Hops (1min)												
2B) MC Sprint to Start (1min)												
2C) Box Jumps or TBE (1min)												
2D) Run in Place (1min)												
3A) Lunge Jumps (5/side)												
3B) Offset Pushup (8...1/side)												
3C) Lunge Jumps (5/side)												
3D) X-Body MC w/ Ft Elev (8...1/side)												

Bodyweight Finishers Gauntlet

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) Shuttle Sprint (20/10 – 6x)												
1B) Decline Pushups (20/10 – 4x)												
1C) Sumo Squat (20/10 – 8x)												
1D) Pushup Plank (20/10 – 6x)												
1E) Star Shuffle (20/10 – 8x)												
2A) Alt Diagonal Lunges (20/side)												
2B) Bodyweight Chops (20/side)												
2C) Alt Diagonal Lunge (20/side)												
2D) Double Burpee (15)												
2E) Alt Diagonal Lunge (20/side)												
2F) Spiderman Pushup (10/side)												
2G) Alt Diagonal Lunge (20/side)												

Bodyweight Finishers Gauntlet

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.

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



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 Finishers Gauntlet

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.



Alternating Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Bodyweight Finishers Gauntlet

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 Finishers Gauntlet

Workout A

Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



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.



Bodyweight Finishers Gauntlet

Workout A

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, then do all reps 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.



Bodyweight Finishers Gauntlet

Workout A

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.



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.**



Bodyweight Finishers Gauntlet

Workout A

Spiderman Climb

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



Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Bodyweight Finishers Gauntlet

Workout A

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!



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



Jumping Jacks – (see above)

Bodyweight Finishers Gauntlet

Workout A

Burpee/X-Body Mountain Climber Combo

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



Workout B

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.



T-Pushup – (see above)

Bodyweight Squat – (see above)

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.



Bodyweight Finishers Gauntlet

Workout B

Mountain Climber Sprint to Start

- Start in pushup position
- Do one mountain climber, and with knee at chest,
- Come out of that position and do 2-3 strides,
- Then go down to mountain climber, do one rep,
- Go back across from where you came from (if doing in small area)



Box 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



Total Body Extensions – (see above)

Workout B

Run in Place

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



Lunge Jumps

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides



Workout B

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.



Lunge Jumps – (see above)

X-Body Mountain Climber w/Foots Elevated

- Put your feet up on a bench or small platform and place your hands on the floor about shoulder width apart.
- Keeping your abs braced and your body straight, bring in one knee towards the opposite elbow.
- Return to the starting position and repeat for the other side.



Bodyweight Finishers Gauntlet

Workout C

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



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.



Workout C

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.



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 Finishers Gauntlet

Workout C

Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45 degree angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



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.



Workout C

Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



Alternating Diagonal Lunge – (see above)

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



Alternating Diagonal Lunge – (see above)

Workout C

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.



Alternating Diagonal Lunge – (see above)

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

- ✓ 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