

WWW.WORKOUTFINISHERS.COM

# FINISHER

# EXPRESS WORKOUTS

**21-MINUTE**  
WORKOUTS  
FOR FAT  
**ANNIHILATION**



MIKE WHITFIELD, CTT

**Welcome from Mike Whitfield & Workout Finishers**



What can you do in 21 minutes? Do you think you can get a solid workout in that little bit of time? Most people don't think so.

That's because they haven't tried the Finishers Express Workouts. Sure, if you go to the gym and walk mindlessly on the treadmill for 21 minutes, you won't do much damage to your belly fat.

But when you combine big, compound movements, metabolic resistance training and conditioning and of course, finishers (duh), you'll be amazed at how you'll be spent after just 21 minutes.

That's what this workout program is all about. You'll be done in 21 minutes, exhausted; yet exhilarated at the same time.

Just be prepared – you'll need to really give it all you got for the 21 minutes (especially the finishers). Get ripped in 63 minutes a week.

**Express yourself <==== Ohhhh man! Clever!!!,  
Mike Whitfield, CTT  
Author, Workout Finishers**

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](https://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 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.
- 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](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.





### **Finishers Express 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**

Prisoner Squat (15)

Pushups (take 2 seconds to go down and 2 seconds to come back up) (8)

Alternating Lateral Lunge (8/side)

Arm Crosses (15)

**Train 3 days per week.**

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

## **Finishers Express Workout Schedule**

### **Day 1 – Workout A**

1A) Goblet Jump Squat and Stick (30 seconds)

1B) DB Chest-Supported Row (30 seconds)

1C) Neutral Grip DB Chest Press (30 seconds)

Rest 30 seconds and repeat 2 more times

2A) DB Walking Lunge or Goblet Walking Lunge (30 seconds)

2B) Iron Cross (30 seconds)

2C) Stability Ball Leg Curl (30 seconds)

Rest 30 seconds and repeat 2 more times

### **Express Ab Circuit**

3A) Ab Wheel or Stability Ball Rollout (30 seconds)

3B) X-Body Mountain Climber with Feet Elevated (30 seconds)

3C) Pushup Plank (30 seconds)

Rest 30 seconds and repeat 2 more times

### **Finisher**

Do the following circuit as many times as possible in 3 minutes, resting ONLY when needed:

4A) Bench Vault (5)

4B) Explosive Pushup (aka Plyo Pushup) (5)

4C) KB or DB Swings (10)

### **Stretch as needed**

### **Day 2 – Recovery day and light activity**

## **Finishers Express Workout Schedule**

### **Day 3 – Workout B**

Do the following circuit ONE time. Each exercise should be performed for 20 seconds, followed by 10 seconds of rest for a certain number of rounds, then move onto the next exercise. Once you complete the circuit, rest 1 minute and proceed to the finisher.

- 1A) Seated Row or 2-Arm DB Row (20 secs on, 10 secs off) – 4 rounds
- 1B) Goblet Reverse Lunge (20 secs on, 10 secs off) – 6 rounds (switch sides with each round)
- 1C) T Pushups (20 secs on, 10 secs off) – 4 rounds
- 1D) Total Body Extensions (20 secs on, 10 secs off) – 6 rounds
- 1E) Mountain Climbers (20 secs on, 10 secs off) – 6 rounds
- 1F) Skater Hops (20 secs on, 10 secs off) – 6 rounds

### **The Squatting Gauntlet Finisher**

Do the following circuit ONE time, resting as shown. AMAP stands for “as many as possible).

- 2A) Bodyweight Squat (AMAP in 50 seconds), rest 10 seconds
- 2B) Close-Grip Pushups (AMAP in 50 seconds), rest 10 seconds
- 2C) Bodyweight Squat (AMAP in 50 seconds), rest 10 seconds
- 2D) Jump Rope or Jumping Jacks (AMAP in 50 seconds), rest 10 seconds

**Stretch as needed**

### **Day 4 – Recovery day and light activity**

**Finishers Express Workout Schedule**

**Day 5 – Workout C**

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 before moving onto the Density Circuit.

**Density Superset**

1A) Deadlift (8)

1B) DB Incline Chest Press (8)

Do the following circuit as many times as possible in 10 minutes, resting only when needed.

**Density Circuit**

2A) Reverse Grip Pulldowns or Inverted Row or Strap Row (12)

2B) Bodyweight Bulgarian Split Squat (1-1/2 rep style) (8/side)

2C) Mountain Climber Sprint to Start (6)

**Stretch any tight muscles**

**Days 6 and 7 – Recovery day and light activity**



## Finishers Express 21-Minute Workouts

<b>Workout A</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) Goblet Jump Squat & Stick (30s)												
1B) DB Chest-Supported Row (30s)												
1C) Neutral Grip DB Chest Press (30s)												
2A) DB or Goblet Walking Lunge (30s)												
2B) Iron Cross (30s)												
2C) Stability Ball Leg Curl (30s)												
3A) Ab Wheel or SB Rollout (30s)												
3B) X-Body MC w/ feet elevated (30s)												
3C) Pushup Plank (30s)												
<b>Finisher</b>												
4A) Bench Vault (5)												
4B) Explosive Pushup (5)												
4C) KB or DB Swings (10)												
<b>Workout B</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) Seated / 2-Arm DB Row (20/10) x4												
1B) Goblet Reverse Lunge (20/10) x6												
1C) T Pushups (20/10) x4												
1D) Total Body Extensions (20/10) x6												
1E) Mountain Climbers (20/10) x6												
1F) Skater Hops (20/10) x6												
<b>Finisher</b>												
2A) BW Squat (AMAP in 50s)												
2B) CG Pushups (AMAP in 50s)												
2C) BW Squat (AMAP in 50s)												
2D) Jump Rope / Jumping Jacks (50s)												
<b>Workout C</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) Deadlift (8)												
1B) DB Incline Chest Press (8)												
2A) Reverse Grip Pulldowns or Inverted Row or Strap Row												
2B) BW BSS (1-1/2 rep style) (8/side)												
2C) MC Sprint to Start (6)												

## **Exercise Descriptions**

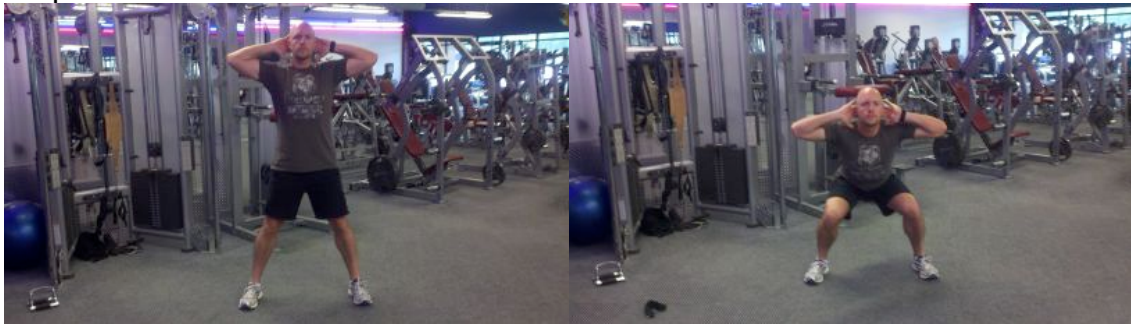
### **Warm-up**

#### ***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 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.



#### **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.



## Finishers Express 21-Minute Workouts

### Warm-up

#### **Alternating Lateral Lunge**

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height (optional).
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



#### **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.





### Workout A

#### **Goblet Jump Squat and Stick**

- 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)
- Hold the bottom position for 1-2 seconds.
- Repeat as necessary.



#### **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.



### Workout A

#### **DB Neutral Grip Chest Press**

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



#### **DB Walking Lunge**

- Stand with your feet shoulder-width apart, holding a pair of dumbbells at your sides.
- 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 A**

#### **Goblet Walking 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 forward with one leg, taking a larger than normal step
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Come back up and take a large step with the other foot.
- Focus on pushing with glutes and hamstrings.



#### **Iron Cross**

- Hold a pair of dumbbells extended out as if you're performing a DB Lateral Raise
- Hold this position as prescribed





## **Workout A**

### **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.



### **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.



## **Workout A**

### **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.



### **X-Body Mountain Climber w/Feet 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.





## **Workout A**

### **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



### **Bench Vault**

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



### Workout A

#### **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



#### **KB/DB Swings**

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



## **Workout B**

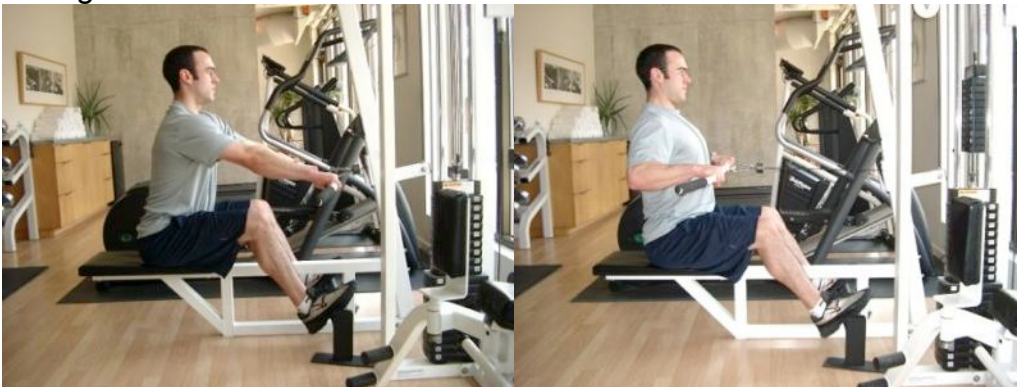
### **2-Arm DB Row**

- 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.



### **Seated Row**

- Use a long bar and take a greater than shoulder-width overhand grip.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together.





## **Workout B**

### **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



### **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.





## **Workout B**

### **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.**



### **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 B**

### **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 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.





## **Workout B**

### **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.



### **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.



### **Jumping Jacks**

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



### **Workout C**

#### **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 Incline Chest Press**

- Lie on a bench with the backrest inclined at 45-60 degrees.
- 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.



#### **Reverse Grip Pulldown**

- Grab a lat pulldown bar with an underhand grip, about shoulder width apart
- Pull the bar down to your chest, squeezing your shoulder blades together
- Return slowly to the starting position





### **Workout C**

#### **Inverted Row**

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



#### **Strap Row**

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



### **Workout C**

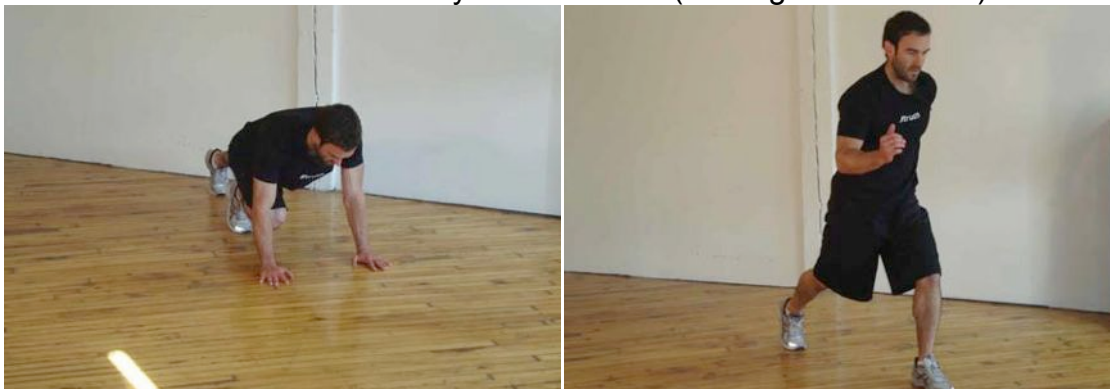
#### **Bodyweight Bulgarian Split Squat – 1-1/2 Rep Style**

- 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.
- Pushup yourself back up ONLY halfway, pause, and then go back down.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.
- The extra half rep will work your muscles harder



#### **MC 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)



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

[www.WorkoutFinishers.com](http://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](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://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**