



Bodyweight Dirty Dozen

Welcome from Mike Whitfield & Workout Finishers



The dirty dozen?... it's dirty alright. These monster circuits are tough, but the good news is that they are tough on belly fat, too.

You get the ultimate blend of big circuits along with the Bulgarian Gauntlet workout with Workout B and then you'll end the week with two density circuits inside Workout C.

My longtime client said this about the Dirty Dozen... "Dude. That's.... dude."

This was while his shirt was wet just from one circuit of Workout A.

And the cool part was that we did this in a small section of the gym without any equipment. That's right these workouts can be done using ZERO equipment. You can burn fat anywhere with these go-to workouts...

... and they are fast. You don't have to do marathon 90 minute workouts when you're using non-competing circuits like this.

Plus, you'll give your joints a break by using all of these bodyweight moves.

So, go ahead... give yourself a dozen,
Mike Whitfield, CTT

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.

Bodyweight Dirty Dozen

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 Dirty Dozen

Bodyweight Dirty Dozen 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

Total Body Extensions (10)
Pushups (10)
Prisoner Lunge (10/side)
Run in Place (20 secs)

Train 3 days per week.

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

Bodyweight Dirty Dozen

Bodyweight Dirty Dozen Workout Schedule

Day 1 – Workout A

- 1A) Vertical Jump and Stick (12)
 - 1B) Hanging Knee Raise or Squat Thrust (10)
 - 1C) Pushup/X-Body Mountain Climber Combo (10)
 - 1D) Chin-ups or Inverted Row or Strap Row (8) or Jumping Jacks (20)
 - 1E) Narrow-Stance Bodyweight Squat (20)
 - 1F) Superman Pushup (aka 1-Arm Extended Pushup) (6/side)
 - 1G) Stability Ball Leg Curl (12) or 1-Leg Romanian Deadlift (12/side)
 - 1H) Inchworm (8)
 - 1I) Bench Vault (10/side) or Lateral Hops (10/side)
 - 1J) Shuttle Sprint (back and forth 6X)
 - 1K) Mountain Climbers (12/side)
 - 1L) Total Body Extension (15)
- Rest 1 minute and repeat 2 more times

Stretch as needed

Day 2 – Recovery day and light activity

Bodyweight Dirty Dozen

Bodyweight Dirty Dozen Workout Schedule

Day 3 – Workout B - The Dirty Dozen Bulgarian Gauntlet

- 1A) Bulgarian Split Squat (1-1/2 rep style) (30 secs/side)
 - 1B) Decline Close-Grip Pushups (30 secs)
 - 1C) Burpee (30 secs)
 - 1D) Bulgarian Split Squat (1-1/2 rep style) (30 secs/side)
 - 1E) Elevated Pushups (15 secs/side)
 - 1F) Run in Place or Split Shuffle (30 secs)
 - 1G) Bulgarian Split Squat (1-1/2 rep style) (30 secs/side)
 - 1H) Plank (30 secs)
 - 1I) Skater Hops (30 secs)
 - 1J) Bulgarian Split Squat (1-1/2 rep style) (30 secs/side)
 - 1K) Stability Ball Jackknife or Mountain Climbers (30 secs)
 - 1L) Sprinter Step-up or Run in Place (30 secs)
- Rest 1 minute and repeat 2 more times

Note – Your legs will be sore so be sure to foam roll as needed. Also, the first week, do only 2 rounds of this circuit.

Stretch as needed

Day 4 – Recovery day and light activity

Bodyweight Dirty Dozen Workout Schedule

Day 5 – Workout C The Dirty Dozen 2-Part

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

Dirty Dozen 12-Minute Circuit 1

- 1A) Low Box Jumps or Jump Squats (8)
- 1B) 1-Arm Switch Pushup (6/side)
- 1C) Sumo Squat (12)
- 1D) Mountain Climber Sprint to Start (8)
- 1E) Lunge Jumps (6/side)
- 1F) X-Body Mountain Climber (6/side)

Dirty Dozen 12-Minute Circuit 2

Do the following circuit as many times as possible in 12 minutes, resting only when needed. Once the 12 minutes are up, you're DONE.

- 2A) Broad Jump (6)
- 2B) T Pushup (6/side)
- 2C) Prisoner Walking Lunges (6/side)
- 2D) Plank to Triceps Extension (6)
- 2E) Bodyweight Chops (6/side)
- 2F) Burpee/X-Body Mountain Climber Combo (6)

Stretch any tight muscles

Days 6 and 7 – Recovery day and light activity

Bodyweight Dirty Dozen

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) Vertical Jump & Stick (12)												
1B) Hanging KR or Squat Thrust (10)												
1C) PU/X-Body MC Combo (10)												
1D) CU or Inv/Strap Row (10) or JJ (20)												
1E) NS BW Squat (20)												
1F) Superman PU (6/side)												
1G) SB Leg Curl / 1-leg RDL (12/side)												
1H) Inchworm (8)												
1I) Bench Vault or Lat Hops (10/side)												
1J) Shuttle Sprint (back/forth 6x)												
1K) Mountain Climbers (12/side)												
1L) Total Body Extension (15)												
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) BSS (1-1/2 rep style) (30s/side)												
1B) Decline Close-Grip PU (30s)												
1C) Burpee (30s)												
1D) BSS (1-1/2 rep style) (30s/side)												
1E) Elevated PU (15s/side)												
1F) Run in Place or Split Shuffle (30s)												
1G) BSS (1-1/2 rep style) (30s/side)												
1H) Plank (30s)												
1I) Skater Hops (30s)												
1J) BSS (1-1/2 rep style) (30s/side)												
1K) SB Jackknife or MC (30s)												
1L) Sprinter SU or Run in Place (30s)												

Bodyweight Dirty Dozen

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) LB Jumps or Jump Squats (12)												
1B) 1-Arm Switch PU (6/side)												
1C) Sumo Squat (12)												
1D) MC Sprint to Start (8)												
1E) Lunge Jumps (6/side)												
1F) X-Body MC (6/side)												
2A) Broad Jump (6)												
2B) T-Pushup (6/side)												
2C) Prisoner Walking Lunges (6/side)												
2D) Plank to Tricep Extension (6)												
2E) BW Chops (6/side)												
2F) Burpee/X-Body MC Combo (6)												

Bodyweight Dirty Dozen

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.

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.**



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.



Bodyweight Dirty Dozen

Warm-up

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.



Run in Place

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



Bodyweight Dirty Dozen

Workout A

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Hanging Knee Raise

- Hang from a chin-up bar using an underhand grip or use a Captain's Chair. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



Bodyweight Dirty Dozen

Workout A

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



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.



Bodyweight Dirty Dozen

Workout A

Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



Inverted Row

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



Bodyweight Dirty Dozen

Workout A

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.



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 Dirty Dozen

Workout A

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.



Superman Pushup (Pushup with One Arm Extended)

- 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.



Bodyweight Dirty Dozen

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.



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 Dirty Dozen

Workout A

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.



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.



Bodyweight Dirty Dozen

Workout A

Lateral Hops

- This move will make you feel like a kid – it's like lateral jumps but less impact.
- Imagine a line next to you and hop "over" the line to one side.
- Repeat back to the other side.
- Go as fast as possible.



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



Bodyweight Dirty Dozen

Workout A

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.



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.**



Workout B

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



Bodyweight Dirty Dozen

Workout B

Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches 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.



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.



Bulgarian Split Squat - 1-1/2 rep style – (see above)

Bodyweight Dirty Dozen

Workout B

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
- Slowly lower yourself down until you are 2 inches 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.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



Run in Place – (see above)

Split Shuffle

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some coordination



Workout B

Bulgarian Split Squat - 1-1/2 rep style – (see above)

Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



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.



Bodyweight Dirty Dozen

Workout B

Sprinter Step-ups

- Set up a low box or step directly in front of you
- Step up on the step and back down as fast as you can, but with control
- Repeat as necessary



Run in Place – (see above)

Bodyweight Dirty Dozen

Workout C

Low 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



Jump Squats

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



Workout C

1-Arm Switch Pushup

- Start in the pushup position with your left hand at an elevated position.
- Complete one pushup and at the top of the movement, switch your hand position by bringing your other hand to the elevated position, keeping your body straight.
- Complete another pushup – that's one rep per side.
- Switch back and repeat.



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 Dirty Dozen

Workout C

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)



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



Bodyweight Dirty Dozen

Workout C

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.



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



Bodyweight Dirty Dozen

Workout C

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.



Prisoner Walking 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 through the lead leg and repeat for the other side.



Workout C

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.



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.



Bodyweight Dirty Dozen

Workout C

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.



More Resources to Fat-Torching 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
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Winner of the 11th Turbulence Training Transformation Contest, Philip Lost 34 lbs in Just 12 Weeks!



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I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin