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TOTAL BODY AB FINISHERS

Mike Whitfield, CTT

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Welcome from Finisher Expert, Mike Whitfield, CTT



Mike Before



Mike After

You know that crunches and cardio don't work for six-pack abs. You also know that finishers are the most time-efficient "grand finales" you can use with your favorite workouts.

But when you combine the best ab exercises and total body finishers, you got yourself a metabolic doozy ... a belly-fat burning doozy.

That's what you will find in this manual. These total body ab finishers will burn more fat in less time, all while working your abs hard without a single crunch.

May you never, EVER get bored with your workouts
Mike Whitfield, CTT

www.trainwithfinishers.com - blog dedicated to the art of metabolic finishers and metabolic resistance training

www.workoutfinishers.com - Grab over 60 finishers to use with any workout

www.facebook.com/WorkoutFinishers - I'll see you on facebook?

www.abfinishers.com

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. 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.

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.



The Finishers

Total Body Ab Finisher # 1 **“Just Burp and Stir”**

Straight up? It's not going to be fun.
Do the following superset 6 times, resting for 20 secs between supersets

- 1A) Single Leg Burpees (8) (switch legs with each round)
- 1B) Stir-the-Pot (4 ea. direction)

Make it Easier

- 1A) Burpees (8) or Total Body Extensions (8)
- 1B) Stir-the-Pot (2 ea. direction)

Total Body Ab Finisher # 2 **“Burping Abs”**

Do the following superset 3 times, resting for 30 secs between supersets

- 1A) Burpees (15)
- 1B) Cable Core Press or Stability Ball Plank (30 secs)

Make it Easier

- 1A) Burpees (10) or Total Body Extensions (15)
- 1B) Cable Core Press or Stability Ball Plank (30 secs)

Total Body Ab Finisher # 3

“Ab Timer # 2”

Do the following circuit one time, resting only when needed. Time yourself. The next time you perform this finisher, try to beat your previous time

- 1A) Prisoner Lunge Jumps (15 ea)
- 1B) Ab Wheel Rollout (20)
- 1C) Spiderman Pull-ups (3 ea side)
- 1D) Spiderman Climb (20 ea)
- 1E) Medicine/DB/Cable Chop (15 ea)
- 1F) T-Push-up (10 ea side)
- 1G) Side Plank w/Leg Raise (10 ea)
- 1H) Mountain Climbers (25 ea)

Make it Easier

(And don't be afraid to remove exercises as well)

- 1A) Alternating Prisoner Lunge (15 ea)
- 1B) Stability Ball Rollout (15)
- 1C) Inverted Row (10)
- 1D) Spiderman Climb (15 ea)
- 1E) Medicine/DB/Cable Chop (15 ea)
- 1F) Normal/Incline/Kneeling Push-ups (15)
- 1G) Side Plank (20 secs ea.)
- 1H) Mountain Climbers (20 ea)

Total Body Ab Finisher # 4

“Three's Company for Abs”

Do the following superset as many times as possible in 3 minutes, resting only when needed.

- 1A) Burpees / X-Body Mountain Climber Combo (3)
- 1B) Stability Ball Jackknife/Push-up Combo (3)

Make it Easier

- 1A) Burpees/X-Body Mountain Climber Combo (3)
- 1B) Push-ups w/ Feet on Stability Ball (3)

Total Body Ab Finisher # 5

“Just Lunging Around”

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

- 1A) Goblet Switch Lunge (5 ea)
- 1B) Side Plank w/Cable Row (15 ea) or Side Plank (30 secs/side)
- 1C) Alternating Prisoner Lunge (10 ea)
- 1D) Spiderman Push-up w/2-sec pause (in the down position with your leg out, pause for 2 secs before returning to the start position) (4 ea)

Make it Easier

- 1A) Goblet Switch Lunge (5 ea)
- 1B) Side Plank (30 secs/side)
- 1C) Alternating Prisoner Lunge (8 ea)
- 1D) Normal/Incline/Kneeling Push-up w/2-sec pause (pause for 2 secs at the bottom of the push-up) (8)

Total Body Ab Finisher # 6

“Thump-Thump Abs”

Do the following circuit one time, resting only when needed. Time yourself. The next time you perform this finisher, try to beat your previous record

- 1A) Burpee Chin-up Combo (10)
- 1B) Mountain Climbers (30 ea)
- 1C) Bodyweight Chops (20 ea)
- 1D) Squat Thrusts (30)
- 1E) Piston Row (20 ea)
- 1F) Burpee/Spiderman Push-up Combo (10)

Make it Easier

(Don't do it – Just kidding)

- 1A) Burpee (10) or Total Body Extension (15)
- 1B) Mountain Climbers (20 ea)
- 1C) Bodyweight Chops (15 ea)
- 1D) Squat Thrusts (20)
- 1E) Piston Row (20 ea)
- 1F) Burpee (10) or Total Body Extension (15)

Total Body Ab Finisher # 7

“Ab High Fives”

Do the following circuit 5 times, resting for 30 secs between circuits

- 1A) Bulgarian Jump Squats (5 ea)
- 1B) Ab Wheel Rollout (5)
- 1C) Inverted Row (5)

Make it Easier

- 1A) Bulgarian Squats or Split Squat (5 ea)
- 1B) Stability Ball Rollout (5)
- 1C) Modified Inverted Row (5)

Total Body Ab Finisher # 8

“2 X 4’s”

Do the following circuit 10 times, resting for 4 seconds after each circuit (yes, 4)

- 1A) Burpee (2)
- 1B) Spiderman Push-up (2 ea)
- 1C) Squat Thrusts (2)

Make it Easier

(You can also reduce the number of times you perform the circuit)

- 1A) Total Body Extensions (2)
- 1B) Normal/Kneeling/Incline Push-up (4)
- 1C) Squat Thrusts

Total Body Ab Finisher # 9

“Sweatin’ Sevens”

Do the following circuit twice, resting for 30 seconds after each circuit

- 1A) Spiderman Push-ups (7 ea)
- 1B) X-treme Cross-Body Mountain Climbers (7 ea)
- 1C) Side Plank/Cable Row Combo (7 ea) or Side Plank w/Lateral Raise (7 ea)
- 1D) Prisoner Squat Jumps (7)

Make it Easier

- 1A) Normal/Incline/Kneeling Push-ups (7)
- 1B) Cross-Body Mountain Climbers (7 ea)
- 1C) Side Plank (20 secs ea)
- 1D) Prisoner Squats (7)

Total Body Ab Finisher # 10

“Lotsa’ Stirrin’”

Do the following circuit one time

- 1A) Inverted Row (8)
- 1B) Stir-the-Pot (4 ea)
- 1C) Alternating BW Reverse Lunge (8 ea)
- 1D) Stir-the-Pot (4 ea)
- 1E) Elevated Push-ups (8 ea)
- 1F) Stir-the-Pot (4 ea)
- 1G) KB/DB Swings (10)
- 1H) Stir-the-Pot (4 ea)
- 1I) Decline Close-Grip Push-ups (12)
- 1J) Stir-the-Pot (4 ea)

Make it Easier

- 1A) Modified Inverted Row (8)
- 1B) Stir-the-Pot (2 ea)
- 1C) BW Reverse Lunge (8 ea)
- 1D) Stir-the-Pot (2 ea)
- 1E) Kneeling Elevated Push-ups (5 ea)
- 1F) Stir-the-Pot (2 ea)
- 1G) Modified Inverted Row (Overhand Grip) (8)
- 1H) Stir-the-Pot (2 ea)
- 1I) Normal/Incline/Kneeling Push-ups (12)
- 1J) Stir-the-Pot (2 ea)

Exercise Descriptions (in order of appearance)

Finishers 1-5

Single Leg Burpees

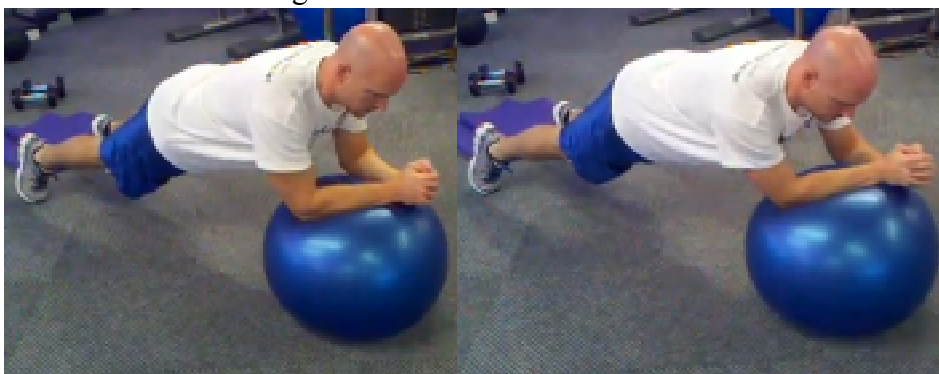
- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



Finishers 1-5

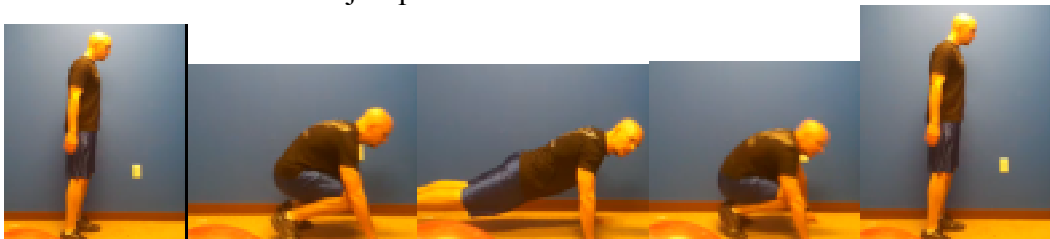
Stability Ball Stir-the-Pot

- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



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



Finishers 1-5

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.**



Burpees (see above)

Cable Core Press

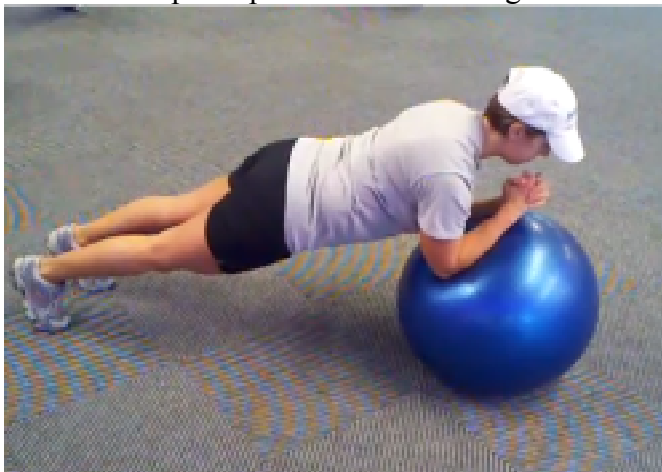
- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



Finishers 1-5

Stability Ball Plank

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Prisoner 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.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- 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



Finishers 1-5

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.



Spiderman Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar as you bend one leg
- Return to the starting position and repeat with the other leg



Finishers 1-5

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.



Chops

- Grab a dumbbell, medicine ball or a cable handle (you can do this with bodyweight, too).
- Start by holding the dumbbell above your head and to the left.
- In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
- Return to the starting position



Finishers 1-5

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.



Side Plank Leg Raise

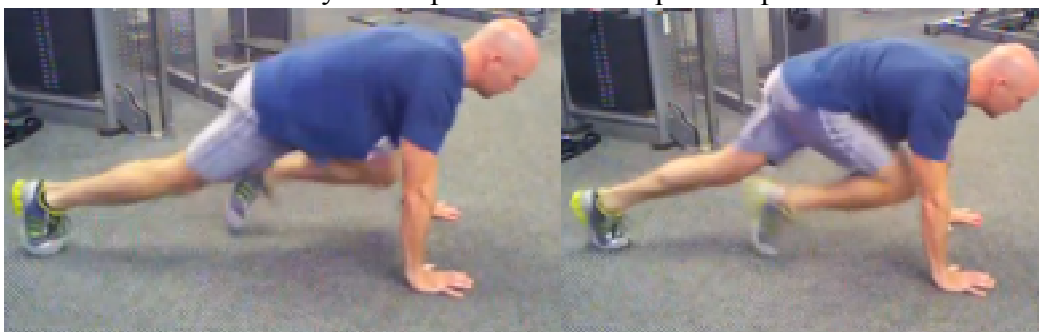
- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Raise your top leg up as high as you can.



Finishers 1-5

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.



Alternating Prisoner Lunge

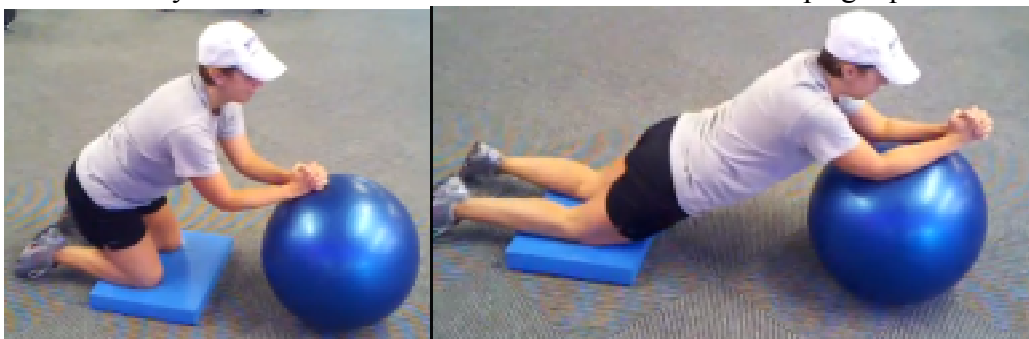
- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh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



Finishers 1-5

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.



Inverted Row

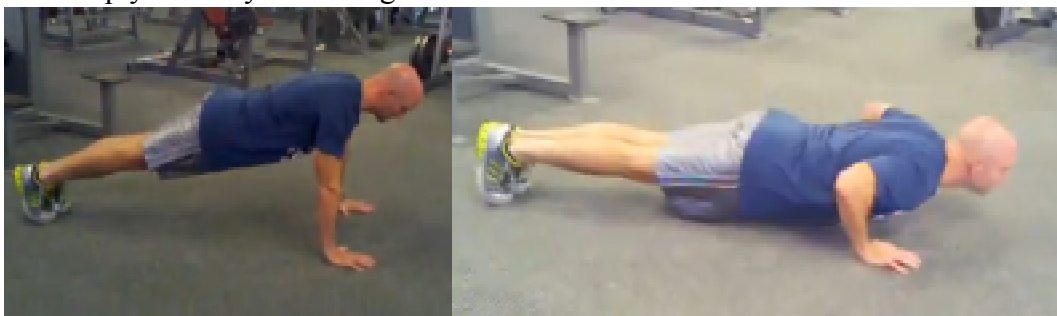
- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees)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



Finishers 1-5

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.



Incline Pushups

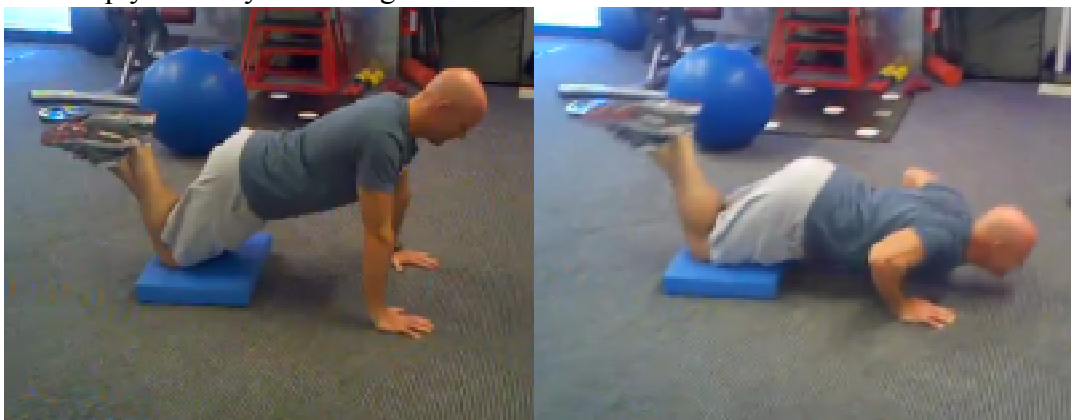
- Place your hands on a bench or smith bar with your hands just wider than shoulder-width apart.
- Slowly lower your body down to the bench or bar – taking about 2 seconds to do this.
- After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
- If it is too hard, do wall pushups. Be careful...don't lower your body too quickly.



Finishers 1-5

Kneeling Push-up

- 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.



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.



Finishers 1-5

Burpee/X-Body Mountain Climber Combo

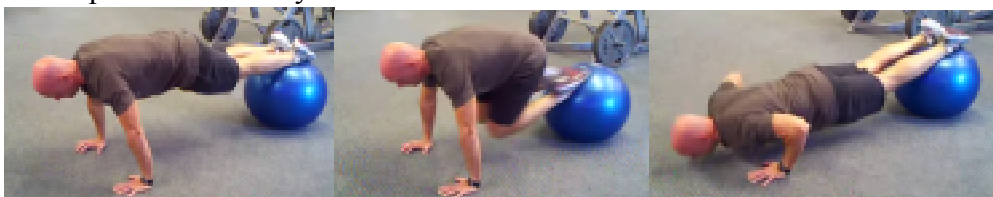
- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Perform an X-Body Mountain Climber (1 per side) (see photo below)
- Thrust your feet back up to your chest and stand back up.
- You can add a vertical jump at the end as well.



Finishers 1-5

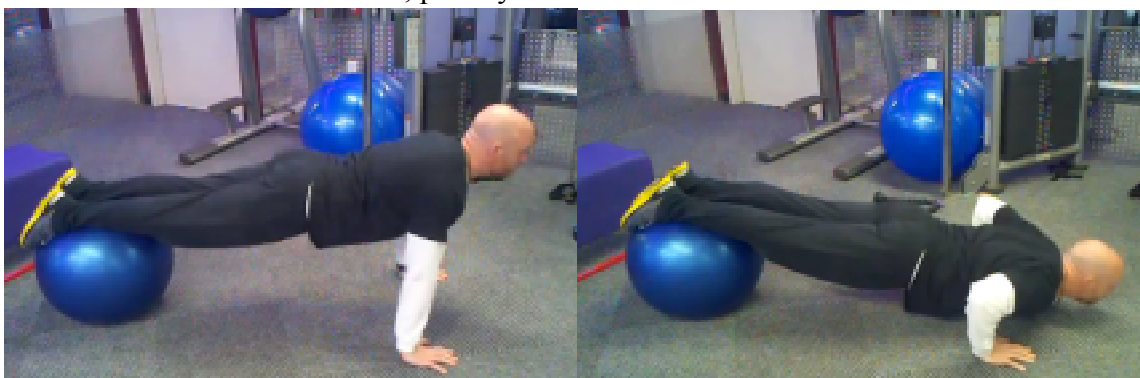
Stability Ball Jackknife-Pushup Combo

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Pushups w/Feet on a Stability Ball

- Put your hands on the ground, slightly wider than shoulder width apart.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



Finishers 1-5

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



Finishers 1-5

Side Plank with Cable Row

- Lower a cable pulley at the lowest notch and attach a handle
- Perform a side plank by contracting your obliques and balancing yourself on your forearm, maintaining a straight line
- While in the side plank position, perform a cable row, bringing in the handle towards your abs. That's one rep.



Side Plank

- Lie on a mat on your right side.
- Support your body weight 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.



Finishers 1-5

Alternating Prisoner Lunge

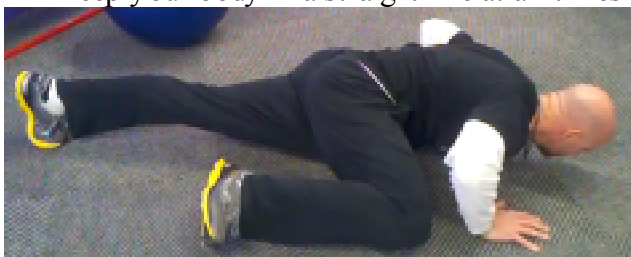
- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh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



Finishers 1-5

Spiderman Pushup w/2-Sec Pause

- 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.
- Hold this position for 2 seconds.
- 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.



Pushups (see above)

Kneeling Pushups (see above)

Incline Pushups (see above)

Finishers 6-10

Burpee/Chin-up Combo

- 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. Do a push-up, then thrust your feet back in and then finish with a jump or standing up.
- Perform a chin-up by grabbing the chin-up bar with an underhand grip.
- Pull your chest up to the bar, trying to keep the momentum of your legs under control
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



Mountain Climbers (see above)

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.



Finishers 6-10

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



Piston Row

- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you’ve done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



Finishers 6-10

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



Finishers 6-10

Burpee (see above)

Total Body Extension (see above)

Bulgarian Jump Squats

- 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.
- Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
- Land in the bottom of a Bulgarian squat and repeat
- Perform all reps for one leg and then switch.



Ab Wheel Rollout (see above)

Finishers 6-10

Inverted Row (see above)

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.



Finishers 6-10

Split Squat

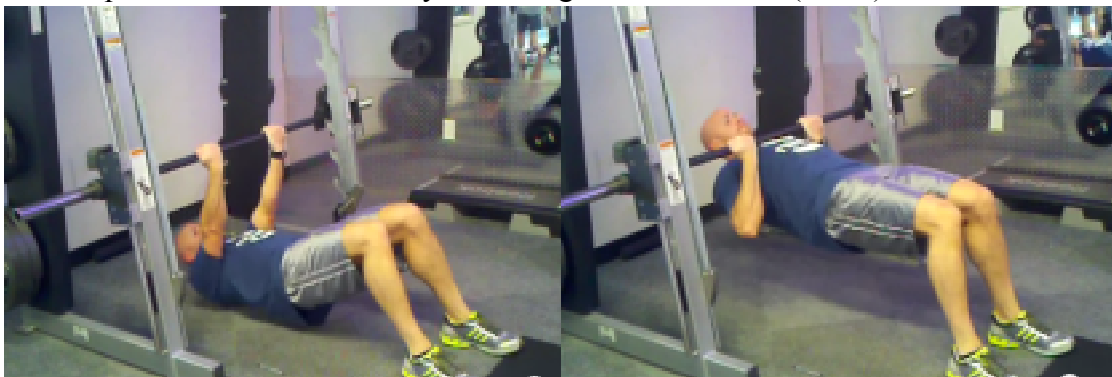
- Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your 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.



Stability Ball Rollout (see above)

Inverted Rows w/ Knees Bent

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches 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.



Finishers 6-10

Burpee (see above)

Spiderman Pushup (see above)

Squat Thrusts (see above)

Total Body Extension (see above)

Pushups (see above)

Kneeling Pushups (see above)

Incline Pushups (see above)

Squat Thrusts (see above)

Spiderman Pushups (see above)

X-treme X-Body Mountain Climbers

- Brace your abs. Start in the top of the push-up position with your hands on the ball.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite arm. 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.



Finishers 6-10

Side Plank w/Cable Row (see above)

Side Plank with Lateral Raise

- Perform a side plank by balancing your body on one forearm and holding a dumbbell at your side with the other hand
- Maintaining a straight line, bring the dumbbell up until it is even with your shoulder
- Slowly return it to your side. That's one rep. Do all reps and switch sides.



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.



Finishers 6-10

Pushups (see above)

Incline Pushups (see above)

Kneeling Pushups (see above)

Side Plank (see above)

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.



Inverted Row (see above)

Stir-the-Pot (see above)

Finishers 6-10

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



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.



Finishers 6-10

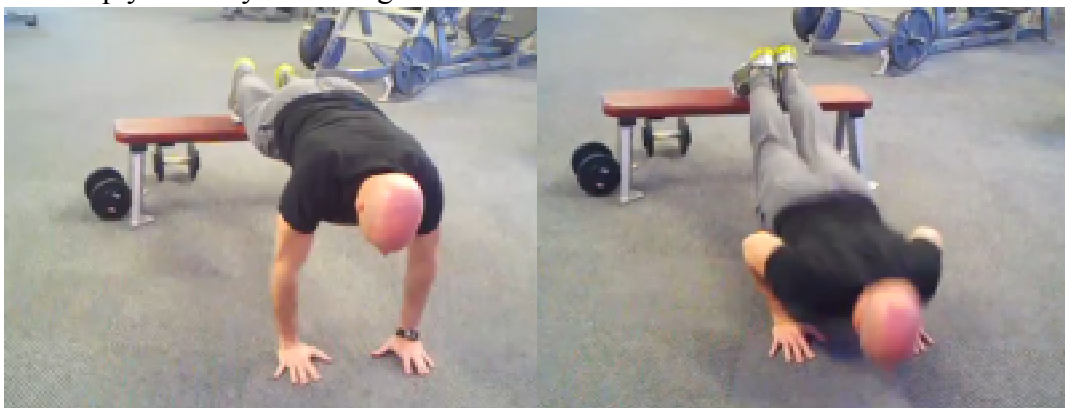
KB/DB Swings

- 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.



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.



Finishers 6-10

Modified Inverted Row (see above)

Pushups (see above)

Incline Pushups (see above)

Incline Pushups (see above)

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

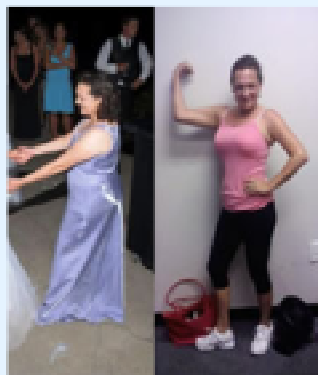
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