

# ***BODYWEIGHT DIRTY*** **30** **2.0**

***30-MINUTE METABOLIC WORKOUTS  
WITH ZERO EQUIPMENT***



**MIKE WHITFIELD, CTT**

**Welcome from Mike Whitfield & Workout Finishers...**



My most popular bodyweight program of 2012 was the classic Bodyweight Dirty 30. The feedback was incredible and after all – it eliminated all excuses because the workouts were just 30 minutes and required ZERO equipment.

So, could I make such a classic even better?

Flava-Flav says... “Yeeeeaaaaaahhhh boy”.

The zero equipment chaos begins with Workout A, where you start with a simple, but brutal metabolic resistance training superset. Then you’ll go through an intense conditioning density circuit and finally the wicked ab finisher.

Workout B is the “Metabolic Quadrants” <= **Best. Name. EVER.**

You’ll go through 4 circuits of 4 exercises performing a minute of each. And to top off that, you’ll do a nasty 3-minute density finisher.

Finally, in Workout C, you’ll perform the best bodyweight ab supersets ever created. So, you’ll be hitting your core with every single superset and then you have a grand finale of ... well... you’ll see...

It’s time to roll up your sleeves and get dirty... all with no equipment,  
Mikey Whitfield, CTT

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get over 50 metabolic finishers you can use with any workout for shocking fat loss results without boring cardio or intervals

[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 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 inside the Workout Finishers Inner Circle at [www.FinisherFreaks.com](http://www.FinisherFreaks.com)
- 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.



### **Bodyweight Dirty 30 2.0 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**

Alternating Prisoner Lunge (6/side)

Pushups (8) – Take 2 seconds to go down and 2 seconds to come up

Bodyweight Sumo Squat (10)

Plank (20 secs)

**Train 3 days per week.**

**Follow this workout schedule for 4 weeks and then switch to another Finisher Freak Workout program.**

## **Bodyweight Dirty 30 2.0 Workout Schedule**

### **Day 1 – Workout A - Density Conditioning**

1A) Prisoner Split Squat (1-1/2 rep style) (40 secs/side)

1B) Elevated Pushups (20 secs/side)

Rest 1 minute and repeat 2 more times

Do the following circuit as many times as possible in 12 minutes, resting only when needed.

2A) Narrow-Stance Bodyweight Squat (20)

2B) X-Body Mountain Climber (10/side)

2C) Alternating Reverse Lunge (10/side)

2D) Jumping Jacks (20)

### **Finisher**

3A) Total Body Extension (30 secs)

3B) Pushup Plank (15 secs)

Rest 15 seconds and repeat 3 more times for a total of 4 supersets

**Stretch as needed**

**Day 2 – Recovery day and light activity for 30 minutes**

## Bodyweight Dirty 30 2.0 Workout Schedule

### Day 3 – Workout B – Metabolic Quadrants

- **Do each circuit ONE time**
- **Do each exercise for 1 minute**
- **Rest for 1 minute between circuits**

1A) Alternating Switch Lunge  
1B) T Pushups  
1C) Skater Hops  
1D) Lateral Walking Plank  
Rest 1 minute and move into 2A

2A) Prisoner Squat  
2B) Close-Grip Pushups  
2C) Run in Place or Jumping Jacks  
2D) Plank  
Rest 1 minute and move into 3A

3A) Vertical Jump and Stick or Total Body Extensions  
3B) Mountain Climbers  
3C) 1-Leg Romanian Deadlift (30 secs/side)  
3D) Alternating Bodyweight Chop  
Rest 1 minute and move into 4A

4A) Squat Shuffle  
4B) Hand Walkouts  
4C) Total Body Extension  
4D) Extended Side Plank (30 secs/side)  
Rest 1 minute and move into the finisher

### Finisher

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

5A) Burpee/Spiderman Pushup Combo (3)  
5B) Bodyweight Sumo Squat (3)  
5C) Lateral Jumps or Side-to-Side Hops (3/side)

**Stretch as needed**

### Day 4 – Recovery day and light activity for 30 minutes

**Bodyweight Dirty 30 2.0 Workout Schedule**

**Day 5 – Workout C – Bodyweight and Abs Supersets**

1A) Bodyweight Triple Squat (30 secs)  
1B) Plank to Tricep Extensions (30 secs)  
Rest 30 seconds and repeat 2 more times

2A) Stick-ups or Bodyweight Row (30 secs)  
2B) Around the World (30 secs)  
Rest 30 seconds and repeat 2 more times

3A) Divebomber Pushups or Regular Pushups (30 secs)  
3B) Cross Crawl (30 secs)  
Rest 30 seconds and repeat 2 more times

4A) Walking Lunges (30 secs)  
4B) Bodysaw (30 secs)  
Rest 30 seconds and repeat 2 more times

**Finisher – YOUR Choice**

Bodyweight Durkin Death Crawl (12) – rest as little as possible OR...

Lunge Jumps (30/side)

**Stretch any tight muscles**

**Days 6 and 7 – Recovery Day and Light Activity**

## Bodyweight Dirty 30 2.0

Workout A													
1A) Prisoner SS (1-1/2) (40s)													
1B) Elevated PU (20s/side)													
2A) NS BW Squat (20)													
2B) X-Body MC (10/side)													
2C) Alt Reverse Lunge (10/side)													
2D) Jumping Jacks (20)													
3A) Total Body Extension (30s)													
3B) Pushup Plank (15s)													
Workout B													
1A) Alt Switch Lunge (1 min)													
1B) T Pushups (1 min)													
1C) Skater Hops (1 min)													
1D) Lateral Walking Plank (1 min)													
2A) Prisoner Squat (1 min)													
2B) Close-Grip Pushups (1 min)													
2C) RIP or Jumping Jacks (1 min)													
2D) Plank													
3A) Jump and Stick or TBX (1 min)													
3B) Mountain Climbers (1 min)													
3C) 1-Leg RDL (30s/side)													
3D) Alternating BW Chop (1 min)													
4A) Squat Shuffle (1 min)													
4B) Hand Walkouts (1 min)													
4C) Total Body Extension (1 min)													
4D) Ext Side Plank (30s/side)													
5A) Burpee/Spiderman (3)													
5B) BW Sumo Squat (3)													
5C) Lat Jumps or Side-to-Side (3/side)													

## Bodyweight Dirty 30 2.0

<b>Workout C</b>												
1A) BW Triple Squat (30s)												
1B) Plank to Tricep Ext (30s)												
2A) Stick-ups or BW Row (30s)												
2B) Around the World (30s)												
3A) Divebomber Pushups (30s)												
3B) Cross Crawl (30s)												
4A) Walking Lunges (30s)												
4B) Bodysaw (30s)												
5) BW Durkin Death Crawl (12) OR												
Lunge Jumps (30/side)												

## 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.

#### **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.



### Warm-up

#### 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 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.



**Warm-up**

**Plank**

- Lie on your stomach on a mat.
- 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.
- Hold this position for the recommended amount of time.



## Workout A

### **Prisoner Split Squat (1-1/2 Rep Style)**

- Stand with your feet shoulder-width apart with your hands behind your head squeezing your shoulder blades together.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Now come up ONLY halfway, pause, then back down.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- That's ONE rep.
- Perform all reps for one leg and then switch.
- Be sure to maintain your elbows back and keep your shoulder blades squeezed together during the whole movement.



## Workout A

### 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.



### 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.



## Workout A

### 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.



### 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



## Workout A

### 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



### 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 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



## Workout B

### Alternating Switch Lunge

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



### 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**

**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.



**Lateral Walking Plank**

- Assume the pushup plank position, maintaining a straight line with your body and bracing your abs.
- Take a lateral step to the side with your hands and feet and then come back.
- Keep your abs braced the whole time.



## Workout B

### 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.



### 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.



**Workout B**

**Run in Place**

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



**Jumping Jacks – (see above)**

**Plank – (see above)**

**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.



**Total Body Extensions – (see above)**

## Workout B

### 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 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.



## Workout B

### Alternating 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
- Alternate sides with each rep.



### Squat Shuffle

- Stand with your feet just outside shoulder width apart and lower yourself into the squat position.
- As you maintain a low squat position, step out to the side.
- Return to the low squat position. That's one rep.
- Repeat for the other side, and do all reps for both sides.



## **Workout B**

### **Hand Walk-out**

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



### **Total Body Extensions – (see above)**

### **Extended Side Plank**

- Lie on the floor on your side.
- Support your bodyweight with your arm extended.
- 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.



## Workout B

### 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



### Bodyweight Sumo Squat – (see above)

### Lateral Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



**Workout B**

**Side-to-Side 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.



## Workout C

### Bodyweight Triple Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Go just 1/4<sup>th</sup> of the way down and hold this position for one second.
- Then go halfway down and hold this position for one second.
- Finally, squat as deep as possible, but keep your low back tensed in a neutral position and hold this position for one second.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### Plank to Tricep 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.



## Workout C

### Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



### Bodyweight Row

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



## Workout C

### Around the World

- Set your feet on a bench or low box and assume the pushup position, maintain a straight line with your body
- Keeping your abs braced and a straight line with your body, “walk” your hands around in one direction in a circle.
- You can also go halfway and come back
- If you don't have access to a bench or platform, you can do this maintaining a pushup position without your feet elevated..



### Divebomber Pushups

- Start with your feet outside shoulder width apart and in the pike pushup position with your glutes in the air.
- Keeping your hands about shoulder width apart, slowly bring your upper body towards the floor while shifting your body forward.
- Keep going and bring your chest up while facing straight ahead.
- Slowly return to the starting position.



### Pushups – (see above)

## Workout C

### 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.



### Walking Lunge

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



### Workout C

#### 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!



#### Bodyweight Death Crawl

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



### Workout C

#### 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



## More Resources to Fat-Torching 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

[www.FinisherFreaks.com](http://www.FinisherFreaks.com) - The OFFICIAL Workout Finishers Inner Circle

- ✓ 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**