

www.WorkoutFinishers.com

FINISHER COMPLEXES

DB & KB Workout Finales with
ZERO-Equipment Options



Mike Whitfield, CTT

A message from Mike Whitfield, CTT



Mike Before



Mike After

Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

This is getting complexicated. <== LOLzzzz

Whatever. Look, you love complexes. I can understand that. Complexes rock. They put your conditioning through the roof, rev your metabolism and they sure are a lot more fun than cardio.

But this finishers program is different. I designed them to use kettlebells and dumbbells, but I can understand that you may not have access to those all the time. So that's why I put a bodyweight substitution with every exercise in the manual.

Yeah baby... YEAH.

So, plug any ONE of these complexes after your workout to put your metabolism in 5th... no, 6th gear. You can also do any ONE of these on your off day to stay active.

They only take a few minutes... but that's all you need with these intense grand finales.

**It's complexicated,
Mike Whitfield (Mikey), CTT**

www.WorkoutFinishers.com - Never get bored with these addicting finishers

www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

www.facebook.com/WorkoutFinishers - Find me on Facebook

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 (formerly known/also known as Reflections Fitness) 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.
- 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.



Things to Remember

- Use any ONE of these finishers at the **END** of your favorite workout or as an off-day conditioning workout to shed more fat or improve your overall fitness. They are also great travel workouts as well when you don't have much time.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

A "superset" is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

Do the following superset 3 times with 30 secs of rest between supersets.

Body Squats (10)

Push-ups (10)

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A "circuit" is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following finisher:

Do the following circuit 4 times, resting for 1 minute between circuits

Body Squats (10)

Push-ups (10)

Inverted Row (8)

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

There are exceptions (density circuits for example)

Important – YOU MUST be warmed up!

When performing a finisher on your off day – do the following circuit twice, resting for 30 seconds between circuits BEFORE the finisher in order to warm up. If you're doing the finisher after your workout, you DO NOT have to warm up.

Jumping Jacks (15)
Bodyweight Squats (10)
Close-Grip Pushups (10)
Total Body Extensions (10)

Note on Choosing Your Weight

- 1) Choose your weakest exercise in the finisher.
- 2) Choose a weight in which you can lift for 4-6 reps MORE than what is prescribed for your weakest exercise.
- 3) Use that weight for the finisher (and try to not put the weight down).

When in doubt, be more conservative than aggressive 😊

Finishers 1-6 use dumbbells with bodyweight substitutions
Finishers 7-12 use kettlebells with bodyweight substitutions

Finisher Complexes

Finisher # 1 – DB Freak

Do the following circuit 3 times, resting only when needed.

DB Squat or Bodweight Squat (15)

DB Shoulder Press or Pike Pushup (15)

Renegade Row or Bodyweight Renegade Row (10/side)

Finisher # 2 – Complexicated Density

Do the following circuit as many times as possible in 5 minutes, resting only when needed.

*DB Lunge Jumps or Lunge Jumps (5/side)

2-Arm DB Row or Stick-ups (5)

Renegade Pushups or Regular Pushups (5)

* You can also do alternating lunges

Finisher # 3 – Split to Push

Do the following superset resting only when needed. In the first superset, you'll perform 8 reps of each exercise. In the next superset, you'll perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

DB Split Squat or Bodyweight Split Squat (8/side...1/side)

DB Push Press or Pike Pushup (8...1)

Finisher # 4 – DB Danger Zone

Do the following circuit 4 times, resting for 30 seconds between circuits.

DB Front Squat or Bodyweight Squat (10)

DB Snatch or Total Body Extension (10)

Renegade Crawl (5/side) or Hand Walk-outs (10)

Finisher # 5 – Renegade Gauntlet

Do the following circuit as shown ONE time. So, you'll do 20 seconds of renegade rows followed by 10 seconds of rest. You'll do this 4 times, and then move into the Alternating Reverse Lunge, etc. This will test your grip strength!

Renegade Row or Bodyweight Renegade Row (20 secs), rest 10 secs - 4X
DB Alternating Lateral Lunge and Press or Alt. TD Lunge (20s), rest 10s – 4X
Renegade Row or Bodyweight Renegade Row (20 secs), rest 10 secs - 4X
DB Alternating Reverse Lunge or Bodyweight Alt Rev Lunge (20s), rest 10s – 4X

Finisher # 6 – DB Minute to Win It

Do the following circuit ONE time, resting as shown

Durkin Death Crawl or Bodyweight Death Crawl (1 minute), rest 30 seconds
*DB Jump Squat or Jump Squat (1 minute), rest 30 seconds
DB High Pull or Bodyweight Row (1 minute), rest 30 seconds
DB Romanian Deadlift (1 minute) or 1-Leg Bodyweight Romanian Deadlift (30 secs/side)

* You can also do Total Body Extensions

Finisher # 7 – KB Frenzy

Do the following superset resting only when needed. In the first superset, you'll perform 8 reps of each exercise. In the next superset, you'll perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

*KB Snatch (8/side...1/side)
1-Arm KB Swing (8/side...1/side) or Total Body Extensions (8...1)

*There really isn't a bodyweight sub for the snatch, but you can do alternating TD lunges. Also, if you're not trained properly with KB Snatches, you MUST stick with TD Lunges (sorry... but safety first). This goes for all KB Finishers.

Finisher Complexes

Finisher # 8 – Swinging Season

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

Goblet Squat or Bodyweight Squat (30 secs)

KB Swing or Total Body Extensions (30 secs)

1-Arm KB Shoulder Press (30 secs/side) or Pike Pushups (30 secs)

KB Swing or Total Body Extensions (30 secs)

Finisher # 9 6-Minute KB Fury

Do the following circuit as many times as possible in 6 minutes, resting only when needed.

1-Arm KB Swing (5/side) or Total Body Extensions (10)

1-Arm KB Squat and Press (5/side) or Y Squat (10)

KB Clean (5/side) or Bodyweight Squat (10)

Finisher # 10 – On the 20's

Do the following circuit ONE time, resting as shown. So, you'll complete 1-Arm KB Front Squats for 20 secs, rest 10 seconds and repeat that 5 more times before moving onto the KB Swings.

*1-Arm KB Front Squat or Bodyweight Squat (20 secs), rest 10 secs – 6X

KB Swings or Total Body Extensions (20 secs), rest 10 secs – 6X

*KB Snatch (20 secs), rest 10 secs or Alternating TD Lunges– 6X

*Alternate sides with each round so you'll end up doing 3 rounds on each side

Finisher Complexes

Finisher # 11 – The Pull and Swing

Do the following superset as many times as possible in 5 minutes, resting only when needed.

KB High Pull (5/side) or Bodyweight Row (10)
KB Swings or Total Body Extensions (20)

Finisher # 12 – The KB Doozy

Do the following circuit ONE time, resting only when needed.

Goblet Squat or Bodyweight Squat (30)
KB Swings or Total Body Extensions (100 – in as few sets as possible)
KB Snatch (30/side – in as few sets as possible) or Alternating TD Lunges (30/side)

Finisher Complexes

Exercise Library (Exercises are in order of appearance)

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.

Warm-Up

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



Finisher Complexes

Warm-up

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.



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.



Finisher Complexes

Warm-Up

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.**



Finisher Complexes

Finishers 1 - 4

DB 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”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Keep your low back arched. Do NOT round your low back.



Bodyweight Squat – (see above)

DB Shoulder Press

- Stand with your feet shoulder-width apart dumbbells at shoulder height.
- Press the dumbbells straight up, keeping the abs braced.
- Under control, bring the dumbbells back to the starting position.
- Repeat as necessary.



Finisher Complexes

Finishers 1 - 4

Pike Pushup

- Put your feet on a high box (optional – you can also pike your hips in the air).
- Put your hands on the floor, and bring them as close to the box as you can while piking your hips as high in the air as possible.
- This allows your upper body to be upright and allows you to work your shoulders and triceps as hard as possible.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders and triceps to return to the start position.



Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



Finisher Complexes

Finishers 1 - 4

Bodyweight Renegade Row

- Assume the pushup position with your arms fully extended.
- Keep your abs braced
- Complete a row by bringing up your hand towards your abs.
- Alternate sides and repeat



DB 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
- Hold dumbbells at your sides (optional – not shown)



Finisher Complexes

Finishers 1 - 4

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



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.



Finisher Complexes

Finishers 1 - 4

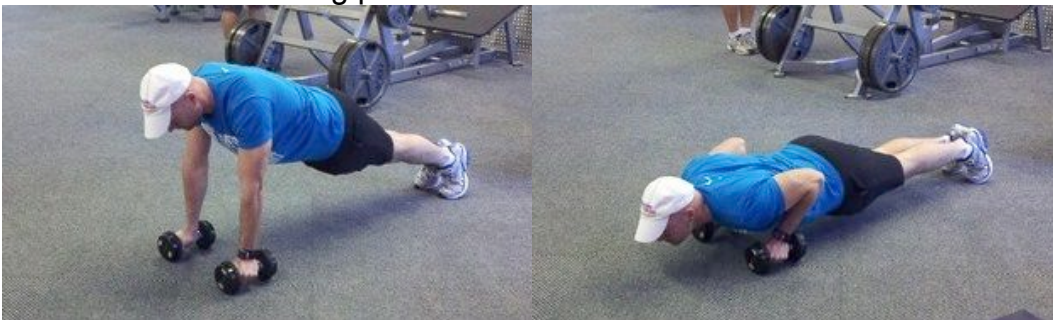
Stick-up

- 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.



Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



Finisher Complexes

Finishers 1 - 4

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.



DB Split Squat or Bodyweight 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.



Finisher Complexes

Finishers 1 - 4

DB Push Press

- Hold dumbbells at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the knees.
- Explode up and press the dumbbells overhead until your arms are fully extended.
- Slowly lower the dumbbells back to shoulder level.



Pike Pushup – (see above)

Finisher Complexes

Finishers 1 - 4

DB Front Squat

- Hold two dumbbells in front of your shoulders, standing with your feet just outside shoulder width apart.
- Go down by bringing the hips back, maintaining a neutral arch in your back, until your thighs are about parallel to the ground
- Drive back up through the heels of your feet using your hips and glutes



Bodyweight Squat – (see above)

DB Snatch

- Thrust your hips forward and clean the dumbbell up to shoulder height.
- Drive the dumbbell overhead in a pressing motion.
- Return the dumbbell to the starting position and repeat.
- Do all reps for one side and switch.



Total Body Extension – (see above)

Finisher Complexes

Finishers 1 - 4

Renegade Crawl

- Start at the top of a pushup position gripping two dumbbells
- Move forward by maintaining a straight line with your body and moving one dumbbell slightly forward and on your toes
- Repeat for the other side
- Maintain a straight line the entire time, keeping your abs braced
- You can also do this with bodyweight!



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.



Finisher Complexes

Finishers 5 - 8

Renegade Row – (see above)

Bodyweight Renegade Row – (see above)

DB Alternating Lateral Lunge and Press

- Hold a pair of dumbbells at shoulder height with your feet shoulder width apart.
- Take a big step to one side while at the same time, pressing the dumbbell with your arm extended. The side you press should be the same side you step out to.
- Push through the heel of the lead leg to the start position while bringing the dumbbell back down.



Finisher Complexes

Finishers 5 - 8

Alternating TD Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step forward with one leg (larger step than normal), resting the toe on the ground from your back foot.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Renegade Row – (see above)

Bodyweight Renegade Row – (see above)

Finishers 5 - 8

DB or Bodyweight 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



Finisher Complexes

Finishers 5 - 8

Durkin Death Crawl

- Start in a push-up position as you grip a pair of dumbbells.
- Do two push-ups, two plank rows with your left hand and two rows with your right. (To perform a row, maintain the push-up position, but bring one elbow up close to your torso as you balance on the dumbbell in your opposite hand.)
- Now, do a walking plank, moving forward several feet by lifting the dumbbells and your feet, and taking tiny steps. (Remain in the up position of the push-up.)
- Stand up and do a jump squat with dumbbells.
- Drop down and repeat the sequence.



Finisher Complexes

Finishers 5 - 8

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.



DB Jump Squats

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



Finisher Complexes

Finishers 5 - 8

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.



DB High Pull

- Hold two dumbbells at arm's length in front of your thighs.
- Brace your abs, bend your knees, and push your hips back slightly. This is called the “athletic position”, and is our start point for this exercise.
- Dip your hips into a quarter squat and drive up explosively, simultaneously pulling the dumbbells up to chest height.
- Rise up onto the balls of your feet and keep your elbow out to the side.
- Drop down to the start position, reset, and repeat.



Finishers 5 - 8

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



DB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.

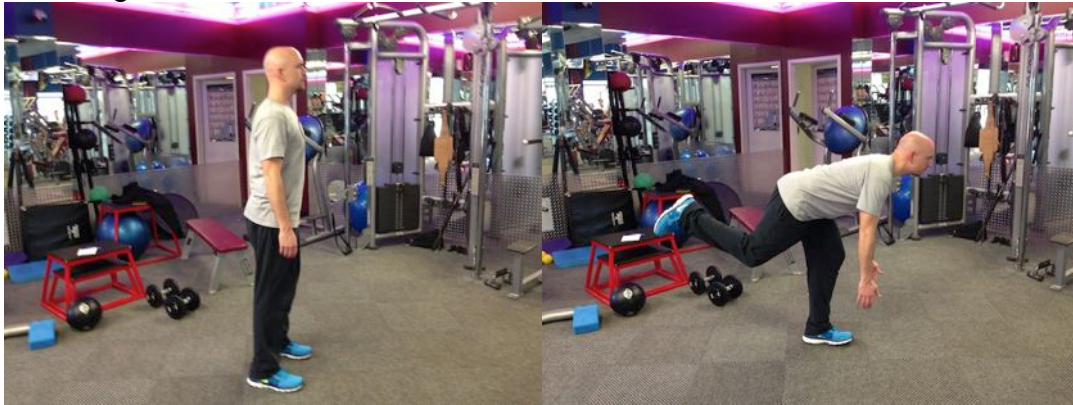


Finisher Complexes

Finishers 5 - 8

1-Leg Bodyweight 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.

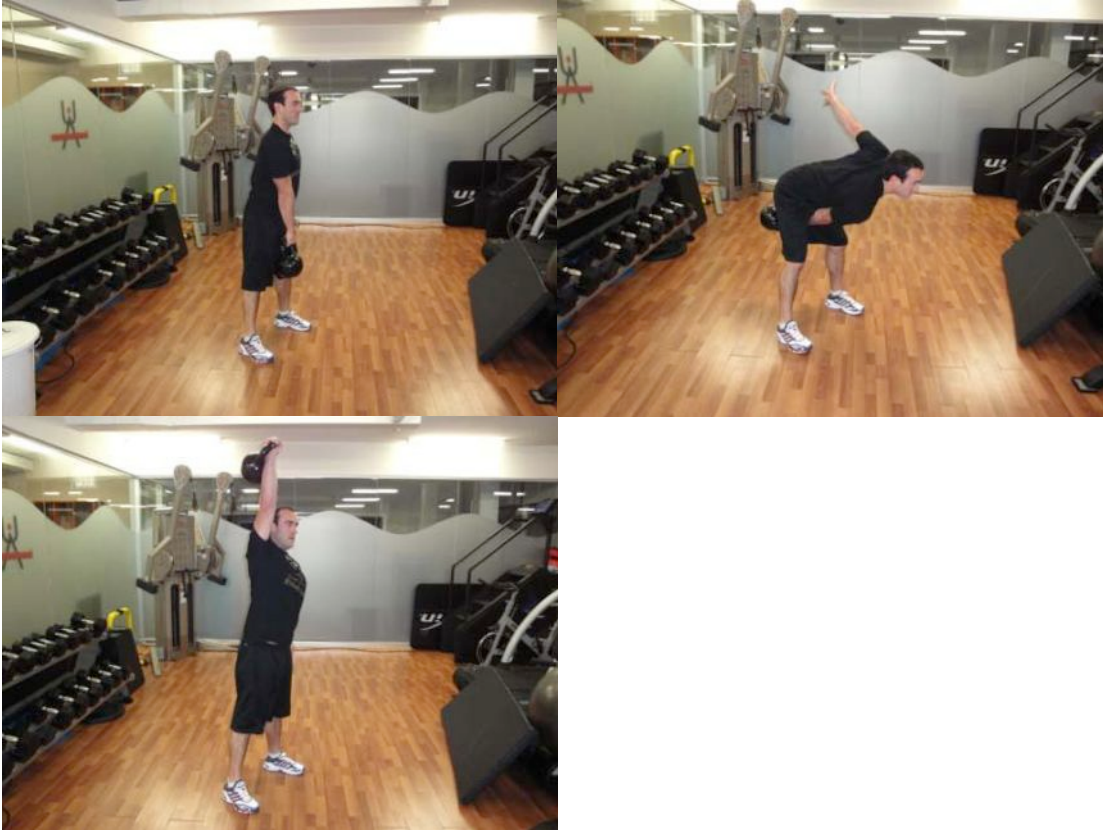


Finisher Complexes

Finishers 5 - 8

KB Snatch

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- Make sure to watch the video for this one.



Finishers 5 - 8

1-Arm KB or DB Swings

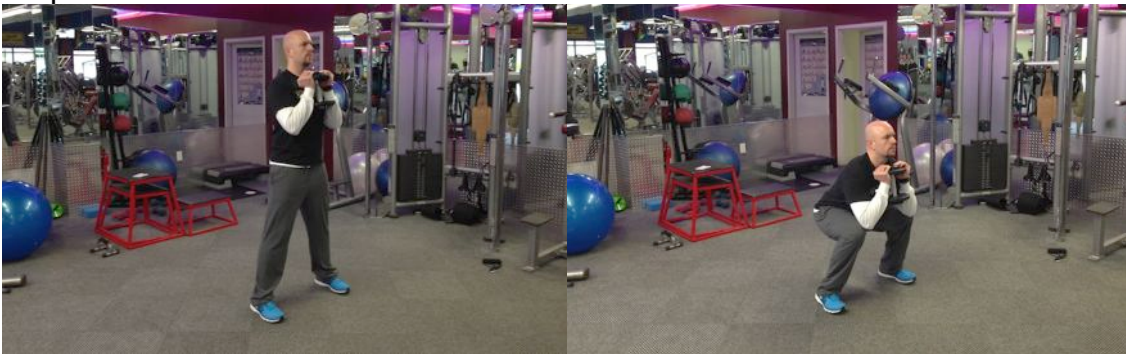
- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



Total Body Extensions – (see above)

Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell or kettlebell at chest height.
- 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.



Finishers 5 - 8

Bodyweight Squat – (see above)

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.



Total Body Extensions – (see above)

1-Arm KB Shoulder Press

- Stand with your feet wider around shoulder-width apart.
- Hold a kettlebell in front of your shoulder and keep your shoulder blades back.
- Press a KB directly above your head and focus on bracing your abs.
- Slowly bring it back down and repeat.
- Thanks to Chris Lopez at www.kettlebellworkouts.com for the photos.



Pike Pushup – (see above)

Finisher Complexes

Finishers 5 - 8

KB/DB Swing – (see above)

Total Body Extensions – (see above)

Finisher Complexes

Finishers 9 - 12

1-Arm KB Swing – (see above)

Total Body Extensions – (see above)

1-Arm KB Squat & Press

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



Finisher Complexes

Finishers 9 - 12

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- 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.



Finisher Complexes

Finishers 9 - 12

KB Clean

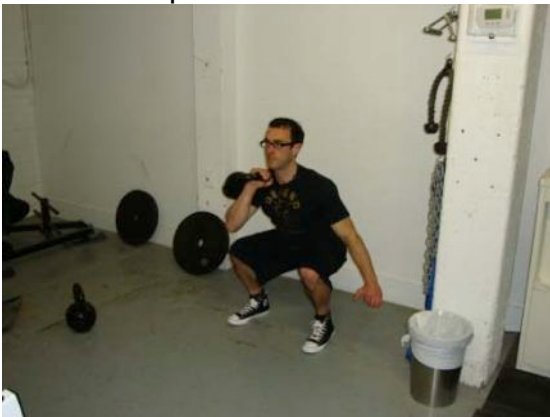
- Place a kettlebell between your feet. As you bend down to grab the KB, push your butt back and keep your eyes looking forward.
- Clean the kettlebell to your shoulder by extending through the legs and hips as you raise the KB towards your shoulder. The wrist should rotate as you do so.
- Watch Chris Lopez do it here:
- <https://www.youtube.com/watch?v=eQcM92eAh5c>



Bodyweight Squat – (see above)

1-Arm KB Front Squat

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position.
- Do all reps on one side then switch.



Finisher Complexes

Finishers 9 - 12

Bodyweight Squat – (see above)

KB/DB Swings – (see above)

Finishers 9 - 12

Total Body Extensions – (see above)

KB Snatch – (see above)

Alternating TD Lunges – (see above)

KB Highpull – (see above)

Bodyweight Row – (see above)

KB/DB Swings – (see above)

Total Body Extensions – (see above)

Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a kettlebell close in front of your chest. (You can also use a DB).
- 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.



Finisher Complexes

Finishers 9 - 12

Bodyweight Squat – (see above)

KB/DB Swings – (see above)

Total Body Extensions – (see above)

KB Snatch – (see above)

Alternating TD Lunges – (see above)

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

www.WorkoutFinishers.com - Get ripped without ANY long, boring cardio

www.TrainwithFinishers.com - Blog dedicated to metabolic workout 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