

FINISHER STACKS

BURN **MEGA**-CALORIES BY STACKING
GAUNTLETS, LADDERS AND MORE
IN ONE WORKOUT!



MIKE WHITFIELD, CTT

Welcome from Mike Whitfield & Workout Finishers...



“This is going to be... ohhh man. Wow” – my longtime and superstar client of almost 7 years. This was just before experimenting with Workout A of this new program.

The experimentation has concluded and you’re in for a treat. Welcome to “Finisher Stacks”. Each workout is a stack of 2 – 3 finishers as a full workout. The good news is that these workouts are short, but very powerful.

If you have a busy schedule, this is your go-to program, as each workout should take around 20 minutes or less.

You’ll have to let me know which workout is your favorite. Workout A has your bodypart stack, where you’ll perform a lower body finisher, upper body finisher and finally a nasty ab finisher.

Then in Workout B, you’ll rip through 2 finishers using the insane Gauntlet method (you’ll love the second gauntlet in this one – it will go by quick, you’ll do 5 rounds).

And then in Workout C, you’ll do 3 stacks of finishers using the 20-10 method. That one ends in with a conditioning 6-minute grand finale superset.

So, whether you’re short on time or you looking for a new finisher challenge, you’ll enjoy these stacks... ALMOST as good as a stack of pancakes.

Finisher and Pancake stacks rock,
Mikey “Pancakes” Whitfield, CTT

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

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 - 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.

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
- 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.



Finisher Stacks 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

Prisoner Squat (10)
SCREACH (5/side)
1-Leg Romanian Deadlift (BW) (8/side)
Plank (20 secs)

Train 3 days per week.

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

Finisher Stacks Workout Schedule

Day 1 – Workout A - The Bodypart Stack

Lower Body

Do the following circuit as many times as possible in 6 minutes, resting only when needed. As soon as the 6 minutes are up, rest 1 minute and move into 2A.

1A) Bulgarian Jump Squats or Bulgarian Split Squats (5/side)

1B) Bodysaw (10)

1C) KB or DB Swings (10)

Upper Body

2A) Burpee/Chin-up Combo (5) OR Burpee (5) followed by Inverted Row (5)

2B) Spiderman Pushup (5/side)

2C) DB Bicep Curl (20)

2D) DB Lying Tricep Extensions (20)

Rest 30 seconds and repeat 2 more times

Abzzzz

3A) Around the World (20 secs)

3B) Hanging Knee Raise or Stability Ball Jackknife (20 secs)

3C) Stability Ball Plank with Arms Extended or Pushup Plank (20 secs)

Rest 20 seconds and repeat 2 more times

Stretch as needed

Day 2 – Recovery day and light activity for 30 minutes

Finisher Stacks Workout Schedule

Day 3 – Workout B – Gauntlet Stacks

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of 1A and 1C. In the next circuit, you'll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each those exercises. You'll perform 30 seconds in EVERY circuit of 1B and 1D. Once you're done with the ladder, rest 1 minute and move into 2A.

NOTE – When doing the Jump Rope or Jumping Jacks, do them as fast as possible but under control

- 1A) Goblet Switch Lunge (6/side...1/side)
- 1B) Jump Rope or Jumping Jacks (20 secs)
- 1C) Renegade Row (6/side...1/side)
- 1D) Jump Rope or Jumping Jacks (20 secs)

Do the following circuit 5 times, resting only when needed:

- 2A) Box or Bench Jumps (5)
- 2B) Explosive Decline Close-Grip Pushups (5)
- 2C) Box or Bench Jumps (5)
- 2D) Plank Jumping Jacks (5)

Stretch as needed

Day 4 – Recovery day and light activity for 30 minutes

Finisher Stacks Workout Schedule

Day 5 – Workout C – 20-10 Stacks

Do the following circuit ONE time. Once you complete the circuit, rest 30 seconds and move into 2A.

1A) DB Squat and Press (20 secs), rest 10 secs - 4X

1B) Chin-ups/Inverted Row/Strap Row (20 secs), rest 10 secs – 4X

1C) Elevated Pushups (switch sides with ea. round) (20 secs), rest 10 secs – 4X

Do the following circuit ONE time. Once you complete the circuit, rest 30 seconds and move into 3A.

2A) Alternating DB Reverse Lunge (20 secs), rest 10 secs – 4X

2B) Renegade Crawl (20 secs, rest 10 secs) – 4X

2C) Burpee (20 secs), rest 10 secs – 4X

Do the following superset ONE time.

3A) Sprinter Step-up or Run in Place (20 secs), rest 10 secs – 6X

3B) Total Body Extensions (20 secs), rest 10 secs – 6X

Stretch any tight muscles

Days 6 and 7 – Recovery Day and Light Activity

Finisher Stacks

Workout A												
1A – 1C AMAP IN 6 mins												
1A) BSSJ or BSS (5/side)												
1B) Bodysaw (10)												
1C) KB or DB Swings (10)												
2A) Burpee/CU or Bur and Inv Row (5)												
2B) Spiderman Pushup (5/side)												
2C) DB Bicep Curl (20)												
2D) DB Lying Tricep Ext (20)												
3A) Around the World (20s)												
3B) Hanging Knee Raise or SB JK (20s)												
3C) SB Plank/Arms Ext or PU Plank (20s)												
Workout B												
1A) Gob Switch Lunge (6/side... 1/side)												
1B) Jump Rope or JJ (20s)												
1C) Renegade Row (6/side... 1/side)												
1D) Jump Rope or JJ (20s)												
2A) Box or Bench Jumps (5)												
2B) Exp Decline Close-Grip PU (5)												
2C) Box or Bench Jumps (5)												
2D) Plank JJ (5)												
Workout C												
1A) Squat & Press (20s), rest 10s – 4X												
1B) CU/Inv Row (20s), rest 10s – 4X												
1C) Ele PU (20s), rest 10s – 4X												
2A) Alt Rev Lunge (20s), rest 10s – 4X												
2B) Ren Crawl (20s), rest 10s – 4X												
2C) Burpee (20s), rest 10s – 4X												
3A) Sp SU or RIP (20s), rest 10s – 6X												
3B) Total Body Ext (20s), rest 10s – 6X												

Exercise Descriptions

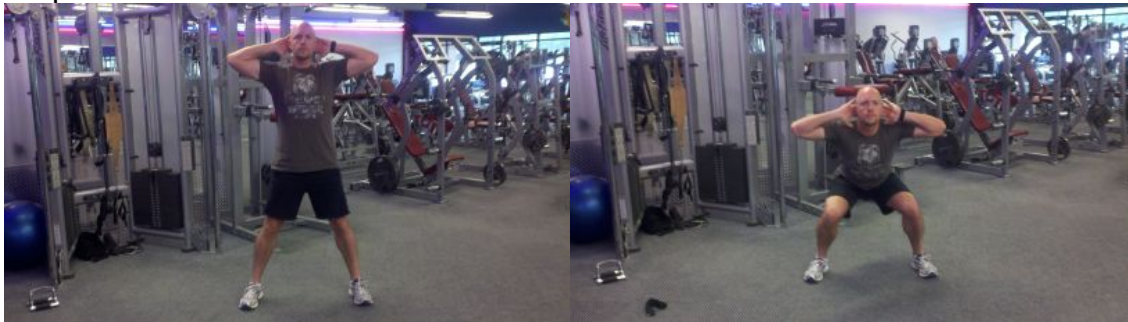
Warm-up

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Warm-up

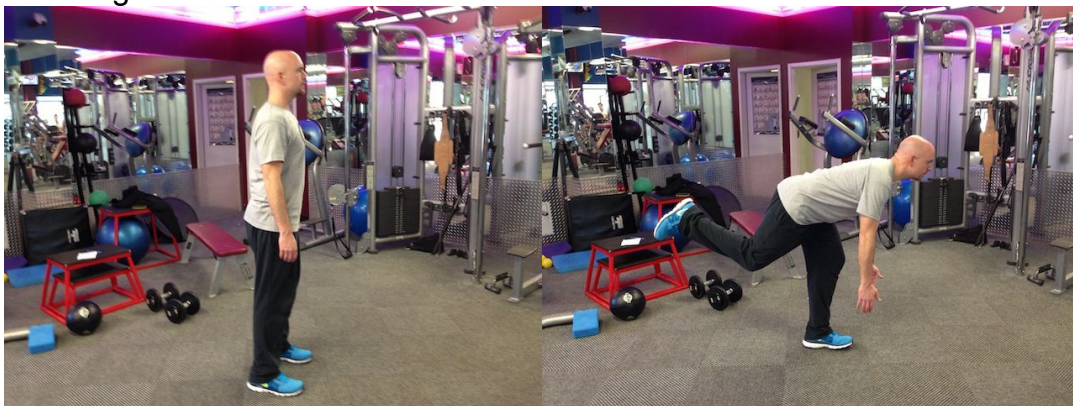
Spiderman Climb with a Reach (SCREACH)

- 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.
- As you reach the top of the motion, rotate your upper body to point your arm toward the ceiling.
- Keep your abs braced and slowly return 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.



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

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.



Workout A

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.



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!



Workout A

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.



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.



Finisher Stacks

Workout A

Burpee

- 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.



Inverted Row

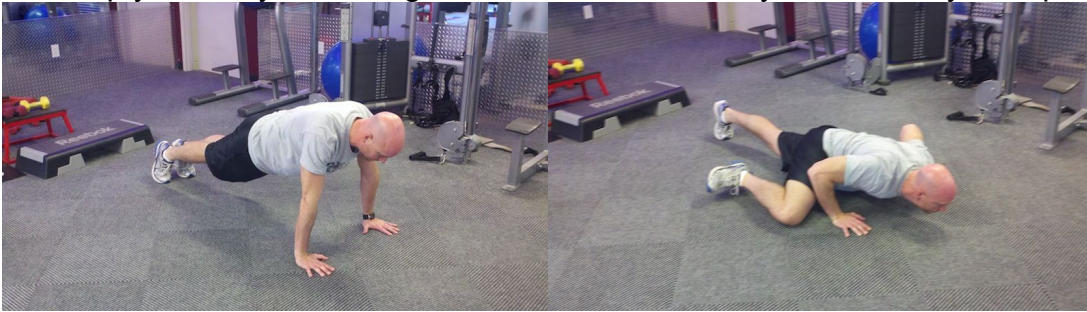
- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees)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



Workout A

Spiderman 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 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.
- 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.



DB Bicep Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



Workout A

DB Lying Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



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..



Workout A

Hanging Knee Raise

- Grab a pullup bar with an underhand grip with your arms extended.
- Pull your knees up toward your chest while bracing the abs until your thighs are parallel to the ground.
- Slowly return to the starting position.



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.



Workout A

Stability Ball Plank w/ Arms Extended

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- You can also use a medicine ball
- Brace your abs throughout the entire exercise.



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

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



Jumping Jacks

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



Workout B

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



Jumping Jacks – (see above)

Box or Bench 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



Workout B

Explosive 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 in an explosive fashion where your hands leave the ground. Repeat.
- Keep your body in a straight line at all times.



Box or Bench Jumps – (see above)

Plank Jumping Jacks

- Start in the plank position, maintain a straight line with your body and your abs braced.
- Just like a regular jumping jack, “jump” your feet out to the sides and bring them back in.
- Keep a straight line with your whole body the entire time.



Workout C

DB Squat and Press

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position
- Pressing the weight overhead.



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



Workout C

Inverted Row – (see above)

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.



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.



Workout C

Alternating DB 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



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!



Burpee – (see above)

Workout C

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

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



Workout C

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.**



More Resources to Fat-Torcing 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

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