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BODYWEIGHT FINISHERS

**41 ZERO Equipment Finishers
to Burn Fat in 9 Minutes or Less**



MIKE WHITFIELD, MASTER CTT

A message from Mike Whitfield, CTT



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

Your own body is an AMAZING piece of equipment.

You have no choice but to take it wherever you go. Your body eliminates all excuses to get in the best shape of your life.

So, let's get started.

When you use these finishers, you'll become more athletic, shed unwanted fat and improve your overall fitness. And don't worry, if you're new to finishers, I'll show you how to use them with ANY of your favorite workout programs.

The best part? You won't need ANY equipment. So, you can do these at home, on the road or even in Grandma's living room.

Make sure to read the section on how to use these finishers so you get the most out of them. And hey, have fun training like an athlete... even if you aren't one.... YET.

**Finish strong,
Mike Whitfield, Master 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. 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.

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.

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.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.

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 on my facebook page at www.facebook.com/WorkoutFinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- 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. Rest more if you need to! Safety FIRST.
- 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.

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.

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How To Use Finishers

There are 3 ways to use these finishers...

#1 – Use **ANY ONE** Finisher at the **END** of Your Workout.

This is the **BEST** way to use these finishers. They are designed to replace cardio and interval training that most people do at the end of their workout. It was the “staple” of my programming with my clients.

By applying ANY finisher at the end of your workout, you’ll burn more fat by making yourself dig a little deeper, hammering your fat stores.

NEVER do a finisher **BEFORE** your workout. Your main workout will suffer. Hey, I bet that’s why they are called “finishers”. #MINDBLOWN

#2 – Use **ANY ONE** Finisher on Your Off Day to Stay Active

Staying active plays an integral part of losing fat on a consistent basis. But I also realize that taking a 30-minute walk can be boring for a lot of people.

So, to stay active, you can perform any **ONE** finisher on your off day. Just make sure you warm up (warm-up routine is shown later in this manual).

Note – For most people, performing a finisher on an off day no more than twice a week is ideal. Remember, recovery between workouts is just as important as the workouts themselves.

Listen to your body... if you feel fatigued, burned out or are struggling with your main workouts, it’s time to cut out the finisher on your off day and take a brisk walk instead.

#3 – Tight Schedule? Then Hit Up a Finisher and Carry On Your Day

There will be days when your schedule is really tight and you can’t get in a full workout.

This is the **PERFECT** time to perform **ONE** finisher. Hey, it’s **MUCH** better than nothing and it will keep your appetite at bay so you won’t mess up your nutrition. C’mon, you can give up a few minutes including the warm-up!

How the Finishers are Structured

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)

Pushups (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)

Pushups (10)

Alternating Bodyweight Chops (12/side)

You would then do this:

10 Body Squats, immediately 10 Pushups, immediately 12 Bodyweight Chops on each side, and then rest for 1 minute. You would do this 4 times... then you’re done!

There are exceptions (density circuits for example)

How to Choose a Finisher

This is where most people over-complicate things.

Here's how to choose a finisher (whether it's for your workout grand finale, your off day activity or even for a fast workout). It's 2 easy steps...

1) Pick one.

2) Do it.

Yep. That's it. Now of course, if you are doing it as a fast workout or off day activity, then you'll need to warm up (you can use the warm-up given inside this manual).

It really is that simple.

You like ladders? Do a ladder finisher. Want to try a new challenge? Then do a challenge finisher.

And don't worry, a description of all the variations of the finishers are below in the manual, too.

How to Modify Any Finisher to Your Fitness Level

That's right. You can make any of these finishers your own unique finisher based on your fitness level. There are 3 "variables" you can vary to do this and that's what this section is all about.

Variable # 1 – Exercise Substitution

Not everyone needs to be doing lunge jumps... it's just the harsh truth. So, for the more advanced exercises, don't be afraid to change those out for exercises you can do correctly.

Here are some great examples:

Jump Squats – sub for Bodyweight Squats or Total Body Extensions

Burpee – sub for Bodyweight Squats or Total Body Extensions (or take out the pushup and/or the jump)

Lunges – If an advanced lunge like the Crossover Lunge is too much, than you can sub that out for the standard Lunge or Reverse Lunge

Pushups – There are a variety of pushups in this program. Why?... because they work. However, not everybody can do the specific pushup in the given finisher.

Spiderman Pushups can be replaced with Elevated Pushups.

Regular Pushups can be replaced with Kneeling Pushups

And hey, don't forget you can increase the difficulty as well. Perhaps you're a freak of nature and you find Spiderman Pushups dull. So, you can do Decline Spiderman Pushups, etc.

Don't forget to leverage my facebook page, too. I always offer exercise substitutions there. I'm here to help... you mind as well use me! Here is a link to my Facebook page:

www.facebook.com/WorkoutFinishers

So, as you can see, that's just one of the ways you can adjust a finisher to fit your unique fitness level. You can even mix and match. Let's say you're to do T Pushups for 30 seconds, but you can only last for 20 seconds. Than, you can do regular pushups for the last 10 seconds.

The same goes to increase a finisher's difficulty. Perhaps a finisher calls for Total Body Extensions. You can certainly increase the difficulty by using Jump Squats.

Boom.

Variable # 2 – Rest Periods

People often misunderstand the impact of a rest period. 20 seconds of work is vastly different than 30 seconds of work... trust me.

So to decrease the difficulty of a finisher, you can increase the rest period. So if a finisher calls for 30 seconds, don't be afraid to make it 45 seconds to one minute and even longer depending on your fitness level.

The only thing to keep in mind is that these are finishers – so leave it all on the table.

The same goes for increasing the difficulty. You can always reduce the rest periods as well.

Variable # 3 – Volume

Volume simply means how much work is put in. So if you feel you need to cut back on the volume, that's fine. For example, let's say a finisher calls for 4 rounds or circuits. Then you could cut back to 2 rounds to reduce the intensity.

Another example is a density finisher that is for 5 minutes. Then you can reduce that down to perhaps 3 minutes. No one knows your body more than you do.

When in doubt, go CONSERVATIVE.

This is especially true when doing a finisher for the first time.

So that is how you can take literally any finisher and "tweak" it to make it your own and fit your individual needs and fitness level. So, as a quick recap, you can manipulate any or a combination of the following variables to adjust any finisher:

Variable 1 – Exercise

Variable 2 – Rest Period

Variable 3 – Volume

Finisher Descriptions

Density Bodyweight Finishers

Density means you'll either be doing as many rounds (circuits or supersets) in a given time frame, or you'll be doing as many reps as possible in a certain time. This is perfect for all fitness levels because your rest periods are up to you. If your form gets sloppy, you stop. Continue when you're ready.

Ladder Bodyweight Finishers

Typically, a ladder is when you perform a certain number of reps in round one (8 for example). In the next circuit, you'll perform 7 reps. You'll continue in this fashion until you complete 1 rep of each exercise. They can also be the opposite (1 rep in round 1, 2 reps in round 2, etc.)

But these ladders have a few twists. Trust me... you'll love them.

Challenge Bodyweight Finishers

Every finisher is a challenge inside this section including timed finishers (in which you can try to beat every time you perform them). There are also challenges in which YOU dictate how the finisher is completed and more.

Gauntlet Bodyweight Finishers

The gauntlet approach is something I learned from my mentor and coach, Craig Ballantyne. This is when a certain exercise is assigned the "gauntlet", meaning that exercise is repeated throughout the finisher, and it's usually a very demanding one. This will test your limits.

Alright, now you know...

- 1) How to use these finishers
- 2) How finishers are structured
- 3) How to choose a finisher
- 4) How to modify a finisher

So, yeah... "Ain't nothin' to it but to do it".

Finish strong!

Mike Whitfield, Master CTT

Density Bodyweight Finishers

Density Bodyweight Finisher # 1 – The Renegade Triple

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

Bodyweight Renegade Row (10/side)
Bodyweight Triple Squat (10)

Density Bodyweight Finisher # 2 – 3-Minute Heart Ticker

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

Burpee (3)
Narrow-Stance Bodyweight Squat (3)
Plank Jumping Jack (3)

Density Bodyweight Finisher # 3 – Metabolic Crazy 8's

Do the following circuit 4 times, resting only when needed.

Prisoner Jump and Stick (8)
Plank to Pushup (8)
Alternating Diagonal Lunge (4/side)
Mountain Climber (4/side)

Density Bodyweight Finisher # 4 – Time to Get “Sixty”

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

Prisoner Lunge Jumps (6/side)
Plank to Tricep Extension (6)
Alternating Crossover Lunge (6/side)
X-Body Mountain Climber (6/side)

Density Bodyweight Finisher # 5 – The Good Ole' J-B

Do the following ONE time. Complete as many QUALITY reps as possible in the given timeframe. This looks easy on paper, but once you do it... never mind. Have fun or something.

Jumping Jacks (2 minutes), rest 20 seconds
Modified Burpees (no jump or pushup) (1 minute)

Density Bodyweight Finishers

Density Bodyweight Finisher # 6 – The Onesy

Do the following circuit as many times as possible in 4 minutes, resting only when needed.

Long Jump (1)
Elevated or Offset Pushup (1/side)
Prisoner Triple Squat (1)
Squat Thrust (1)

Density Bodyweight Finisher # 7 – A 2-1-1-1, A 2-1-1-1

This title will only be funny if you know the song “Da Do Run Run”

Do the following circuit ONE time. Your “rest” is your transition time into the next exercise.

Alternating Lunge (2 minutes), 10-second transition into
Plank to Pushup (1 minute), 10-second transition into
Split Shuffle (1 minute), 10-second transition into
Bodyweight Renegade Row (1 minute)

Density Bodyweight Finisher # 8 - Density Twos

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

Burpee/Spiderman Pushup Combo (2)
Crossover Lunge (2/side)
1-Arm Extended Pushup (2/side)
Bodyweight Squats (2)

Density Bodyweight Finisher # 9 – Two by Fours

Do the following superset as many time as possible in 4 minutes, resting only when needed.

Lateral Jumps (4/side)
Offset Pushups (4/side)

Density Bodyweight Finishers

Density Bodyweight Finisher # 10 – Give Yourself a Hand

Do the following circuit 4 times, resting for 20 seconds between circuits.

Hand Walk-outs (20 secs)

Swing Lunge (20 secs/side)

Hand Walk-outs (20 secs)

Alternating Bodyweight Chops (20 secs)

Ladder Bodyweight Finishers

Ladder Bodyweight Finisher # 1 – The Metabolic Step-Up Ladder

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of each exercise. In the next circuit, you'll perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

Bulgarian Jump Squat or Split Squat (6/side...1/side)
Pushup/X-Body Mountain Climber Combo (6...1)
Shuttle Sprint (back and forth 6 times... 1 time)

Ladder Bodyweight Finisher # 2 – The Ladder Two-Move

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.

Alternating Diagonal Lunge (8/side...1/side)
Explosive Pushup or Regular Pushup (8...1)

Ladder Bodyweight Finisher # 3 – Ladder Heart Ticker

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of each exercise. In the next circuit, you'll perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

Jump Squats (6...1)
Burpee/Mountain Climber Combo (6...1)
Alternating Bodyweight Chop (6...1)

Ladder Bodyweight Finisher # 4 – Gettin' Static with the Squat

Do the following circuit resting only when needed. In the first circuit, you'll perform 1 rep of the Divebomber Pushups and Skater Hops. In the next circuit, you'll perform 2 reps of each of those exercises. Continue in this fashion until you complete 6 reps of each of those exercises. You'll complete 10 reps with EVERY circuit of the Bodyweight Squat.

Divebomber Pushups (1/side...6/side)
Bodyweight Squats (10 with EVERY circuit)
Skater Hops (1/side...6/side)

Ladder Bodyweight Finishers

Ladder Bodyweight Finisher # 5 – Bet it 10 to 1

Do the following superset resting only when needed. In the first superset, you'll perform 10 reps of each exercise. In the next superset, you'll perform 9 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

Split Squat (10/side...1/side)
Hand Walk-outs (10...1)

Ladder Bodyweight Finisher # 6 – Down and Up You Go

Do the following circuit resting only when needed. In the first circuit, you'll perform 1 rep of each exercise. In the next circuit, you'll perform 2 reps of each. Continue in this fashion until you complete 5 reps of each exercise. Then, work your way back down. The next circuit would then be 4 reps, etc. ,etc. down to 1... then you're done!

Decline Close-Grip Pushups or Close-Grip Pushups (1...5...1)
Squat Shuffle (1/side...5/side...1/side)
Squat Thrust (1...5...1)

Ladder Bodyweight Finisher # 7 – Feeling Jumpy and Jacky

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of the Alternating Reverse Lunge and Pushup with One Arm Extended (per side). In the next circuit, you'll perform 5 reps of each of those exercises. Continue in this fashion until you complete 1 rep of each of those exercises. With the Jumping Jacks, you'll complete 15 reps with EVERY circuit.

Alternating Reverse Lunge (6/side...1/side)
Jumping Jacks (15 with EVERY circuit)
Pushup with One Arm Extended (6/side...1/side)
Jumping Jacks (15 with EVERY circuit)

Ladder Bodyweight Finishers

Ladder Bodyweight Finisher # 8 – Ladder and Density Mix-up

Part 1 – Do the following circuit resting only when needed. In the first circuit, you'll perform 4 reps of each exercise. In the next circuit, you'll perform 3 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you do that, rest 1 minute and move into Part 2.

Prisoner Triple Squat (4...1)
Plank to Tricep Extension (4...1)
Shuttle Sprint (back forth 4 times ... 1 time)

Part 2 – Do the following superset as many times as possible in 2 minutes, resting only when needed.

Long Jump (2)
Offset Pushups (2/side)

Ladder Bodyweight Finisher # 9 – The Power of the 10's

Do the following superset resting only when needed. In the first superset, you'll perform 10 reps of each exercise. In the next superset, you'll perform 9 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

Walking Lunges (10/side...1/side)
Close-Grip 3/4th Rep Pushups (10...1)

Ladder Bodyweight Finisher # 10 – Onesy, Twosey, Threeseey, and So On

Do the following circuit resting only when needed. In the first circuit, you'll perform 1 rep of each exercise. In the next circuit, you'll perform 2 reps of each exercise. Continue in this fashion until you complete 5 reps of each exercise.

Burpee (1...5)
Swing Lunge (1/side...5/side)
T Pushups (1/side...5/side)
Sumo Squat (1...5)

Challenge Bodyweight Finishers

Challenge Bodyweight Finisher # 1 – Gimme’ the 250

Do the following circuit ONE time, resting only when needed. The next time you do this finisher, try to beat your previous time it took you to complete it.

Bodyweight Squats (30)
Pushups (30)
Alternating Bodyweight Chops (15/side)
Bodysaw (30)
Skater Hops (15/side)
Jumping Jacks (100)

Challenge Bodyweight Finisher # 2 – Your Call

Do the following circuit in any manner you choose. So, you could do 15 Swing Lunges per side, then 5 T Pushups per side, then 10 Jumping Jacks, and then back to the Swing Lunges, etc. All that is required is to finish all reps for all exercises. Time yourself. The next time you complete this finisher, try to beat your previous time.

Swing Lunge (20/side)
Spiderman Climb (25/side)
Total Body Extensions (100)
T Pushups (20/side)

Challenge Bodyweight Finisher # 3 – Give Me 50 For Every 10

Do the following circuit TWICE, resting as shown. In your second circuit, try to beat the number of reps you did for each exercise in the first circuit.

Bodyweight Squat (50 secs), rest 10 secs
Switch Pushups (50 secs), rest 10 secs
Alternating Bodyweight Chops (50 secs), rest 10 secs

Challenge Bodyweight Finisher # 4 – Ha-Ha Push It 100

Do the following in any manner you choose as long as you complete all reps for all exercises. The next time you perform this finisher, try to beat your previous time it took you to finish.

Spiderman Pushups (15/side)
Elevated Pushups or Offset Pushups (20/side)
Close-Grip Pushups (30)

Challenge Bodyweight Finishers

Challenge Bodyweight Finisher # 5 – Burpee Octane

Do the following circuit ONE time, resting only when needed. The next time you complete this finisher, try to beat your previous time.

Double Burpee (4)
Burpee/X-Body Mountain Climber Combo (4)
Burpee/Spiderman Pushup Combo (4)
Burpee/Sprint Combo (4)
Burpee (4)

Challenge Bodyweight Finisher # 6 – Dealer’s Choice

Do the reps of all exercises in any manner you choose. Record your time. The next time you perform this finisher, try to beat your previous time.

Skater Hops (50/side)
Lunge Jumps (40/side)
Bodysaw (100)

Challenge Bodyweight Finisher # 7 – The 4-Rounder 10’s and 8’s

Do the following circuit 4 times, resting only when needed. The next time you perform this finisher, try to beat your previous time.

Narrow-Stance Bodyweight Squat (10)
Explosive Pushup or Regular Pushup (8)
1-Leg Romanian Deadlift (10/side)
Burpee (8)

Challenge Bodyweight Finisher # 8 – The Minimalist 5 X 5 X 5

*Do the following as shown. The next time you do this finisher, try to improve your time on the plank.

Burpee (5), rest 5 seconds – Do this 5 times, then
ONE Plank to failure

*This was one of the finisher challenges of the week inside the Finishers Freak Inner Circle and the feedback was great.

Challenge Bodyweight Finishers

Challenge Bodyweight Finisher # 9 – The Ultimate Leg Punisher

Your legs will be burning calories into the year 5682 (sometime in August). Lolzzz, ok, here we go. Grab a stopwatch (or use your phone).

Complete 50 Lunge Jumps (25/side) and time how long it takes you to complete them.

Once you're done, rest 20 seconds and then hold the bottom of a Bodyweight Squat for as long as it took you to complete the Lunge Jumps.

Challenge Bodyweight Finisher # 10 – Ab-literation

Complete the following in any manner you choose, as long as you complete all reps for all exercises with good form. Time yourself. The next time you perform this finisher, try to beat your previous time.

Plank to Pushup (20)
Walking Lunges (40/side)
Mountain Climbers (40/side)
Bodyweight Chops (40/side)

BONUS Challenge Bodyweight Finisher - The Legendary 300

Do the following circuit in any manner you choose, as long as you complete all reps for all exercises with good form. Time yourself. The next time you do this challenge, try to beat your previous time.

Jump Squat (25)
Decline Spiderman Pushups or Regular Spiderman Pushups (30/side)
Total Body Extensions (100)
Jumping Jacks (100)
Double Burpee (15)

Gauntlet Bodyweight Finishers

Gauntlet Bodyweight Finisher # 1 – The Legendary Push

Do the following circuit ONE time, resting as shown. So, you'll do Decline Close-Grip Pushups for 20 seconds and rest 10 seconds. Do this one more time, then move into the Sumo Squat, etc.

Decline Close-Grip Pushups or Close-Grip Pushups (20 secs), rest 10 secs - 2X

Bodyweight Sumo Squat (20 secs), rest 10 secs – 4X

Offset Pushups (20 secs), rest 10 secs – 2X

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

Pushups (20 secs), rest 10 secs – 2X

Gauntlet Bodyweight Finisher # 2 – Density Burpee Horror

The ultimate blend of the most powerful bodyweight exercise of all time, the density approach and the gauntlet approach... WOW. Do the following circuit as many times as possible in 5 minutes, resting only when needed.

Burpee (5)

Walking Lunges (5/side)

Burpee (5)

Jumping Jacks (5)

Gauntlet Bodyweight Finisher # 3 – Extensions, Extensions

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

Total Body Extensions (50)

Pushup/X-Body Mountain Climber Combo (20)

Total Body Extensions (50)

Around the World (10)

Total Body Extensions (50)

Gauntlet Bodyweight Finisher # 4 – Get Jacked

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

Jumping Jacks (30)

T Pushups (5/side)

Jumping Jacks (30)

Alternating Prisoner Lunge (10/side)

Jumping Jacks (30)

X-Body Mountain Climbers (10/side)

Jumping Jacks (60)

Gauntlet Bodyweight Finishers

Gauntlet Bodyweight Finisher # 5 – Drop the Fat to Death

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

Bodyweight Death Crawl (3)
Switch Lunge (10/side)
Bodyweight Death Crawl (3)
Close-Grip Pushups (15)

Gauntlet Bodyweight Finisher # 6 – Blessed to Rest

Do the following circuit ONE time, resting only as shown.

Skater Hops (50 secs), rest 10 secs
X-Body Mountain Climbers (50 secs), rest 10 secs
Skater Hops (50 secs), rest 10 secs
Bodysaw (50 secs), rest 10 secs
Skater Hops (50 secs)

Gauntlet Bodyweight Finisher # 7 – Stick to It

Do the following circuit 4 times, resting only when needed

Vertical Jump & Stick (4)
Pushup/X-Body Mountain Climber Combo (8)
Vertical Jump & Stick (4)
Spiderman Climb (8/side)

Gauntlet Bodyweight Finisher # 8 – Gauntlets and Ladders Oh My

Do the following circuit resting only when needed. In the first circuit, you'll perform 6 reps of each exercise. In the next circuit, you'll perform 5 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

EXCEPTION – You'll do 15 Total Body Extensions with EVERY circuit.

Switch Pushups (6/side...1/side)
Total Body Extensions (15)
Bodyweight Renegade Crawl (6/side...1/side)
Total Body Extensions (15)

Gauntlet Bodyweight Finishers

Gauntlet Bodyweight Finisher # 9 – Density and Gauntlet Stew

Do the following circuit as many times as possible in 4 minutes, resting only when needed.

Alternating Switch Lunge (4/side)

Pushups (4)

Alternating Switch Lunge (4/side)

Burpee (4)

Gauntlet Bodyweight Finisher # 10 – Oh Shuttle Up

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

Shuttle Sprint (30 secs)

Decline or Regular Pushups (30 secs)

Shuttle Sprint (30 secs)

Exercise Library

(Exercises are in alphabetical order)

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.

1-Arm Extended Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



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.



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.



Alternating Crossover Lunge

- Stand with your feet about shoulder width apart.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



Alternating Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



Alternating Lunge

- Step forward with your left leg, taking a slightly larger than normal step.
- Keep your right toe on the ground and use it to help keep your balance. The right knee should also be bent.
- Lower your body until your left thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your left leg to return to the starting position.



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.



Alternating Reverse Lunge

- Stand with your feet shoulder-width apart.
- 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
- Repeat with other leg.



Alternating Switch Lunge

- Stand with your feet shoulder width apart.
- 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. Alternate sides.



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..



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 Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



Bodyweight 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.



Bodyweight Renegade Crawl

- Start at the top of a pushup with your arms extended
- Move forward by maintaining a straight line with your body and moving one hand slightly forward and on your toes
- Repeat for the other side
- Maintain a straight line the entire time, keeping your abs braced



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



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.



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.



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 1/4th 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.



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.



Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Burpee/Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform a Mountain Climber by bringing one knee towards your chest, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



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



Burpee/Sprint 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 a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand or jump back up.
- Run in place (with high knees) for 4 reps
- Repeat as necessary.



Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



Close-Grip 3/4th Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting 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.



Crossover Lunge

- Stand with your feet about shoulder width apart.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- Do all reps for one leg and then switch or if alternating, switch sides with every rep.



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.



Decline 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.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



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.



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



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.



Explosive Pushups

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



Hand Walk-out

- Assume the pushup position with your arms extended
- Maintaining a straight line, “walk” your hands out in front of you by moving each hand about 6-8 inches out further in front of you.
- Keep your abs braced.
- Walk your hands back in and repeat as necessary.



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.



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



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.



Long Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



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



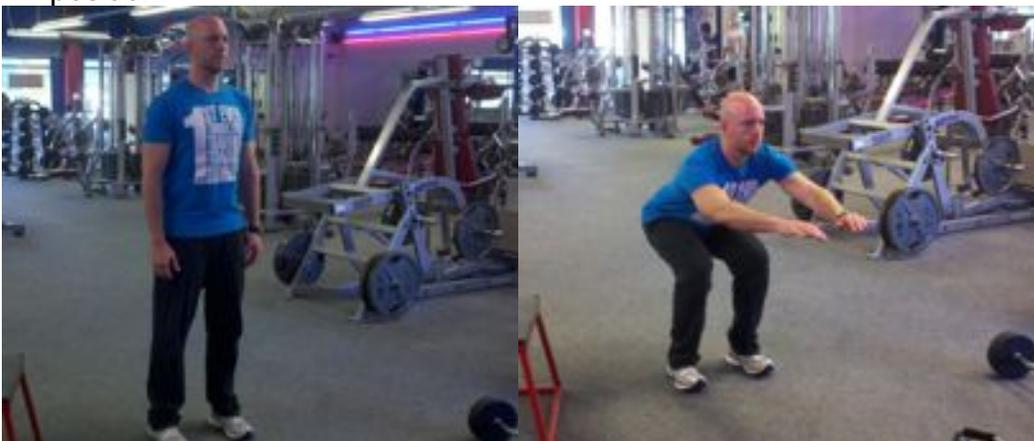
Mountain Climbers

- 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.



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.



Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.



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.



Plank to Pushup

- Hold the plank position by maintaining a straight line with your body and balancing your weight on your forearms and toes.
- Keep your abs braced.
- Move into the pushup position by pushing through the floor through your hands, raising one arm at a time.
- Return to the plank 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.



Prisoner Jump and Stick

- 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.
- Hold the bottom position for a full second.
- Repeat as necessary.



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



Prisoner Triple Squat

- Stand with your feet just outside shoulder-width apart, fingers interlaced behind your head and your elbows back. Keep your shoulder blades squeezed together.
- Lower into a prisoner squat, pausing for one second halfway down, pausing for one second at the bottom and then again halfway back up.
- Push through the heels of your feet and focus on driving your hips back.



Pushup with One Arm Extended (aka Superman Pushup)

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



Pushup/X-Body Mountain Climber Combo

- Start in the pushup position and your abs braced.
- Perform a pushup by lowering yourself to the ground, keeping a straight line with your body.
- Push through your hands back to the starting position.
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your body in a straight line. Repeat for the other side.
- That's one rep – repeat as necessary.



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.



Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



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.



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.



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.



Split Squat

- Stand with your feet shoulder-width apart.
- 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.
- Note – These can be done with or without dumbbells (as shown)



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.



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



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.



Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight



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; repeat for all reps and then switch legs



Switch Pushup

- Start in the pushup position with your left hand at an elevated position.
- Complete one pushup and at the top of the movement, switch your hand position by bringing your other hand to the elevated position, keeping your body straight.
- Complete another pushup – that's one rep per side.
- Switch back and repeat.
- Note – this can also be done without equipment. Simply “walk” your hands to do a switch pushup.



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.



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.**



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.



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.



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.



Resources

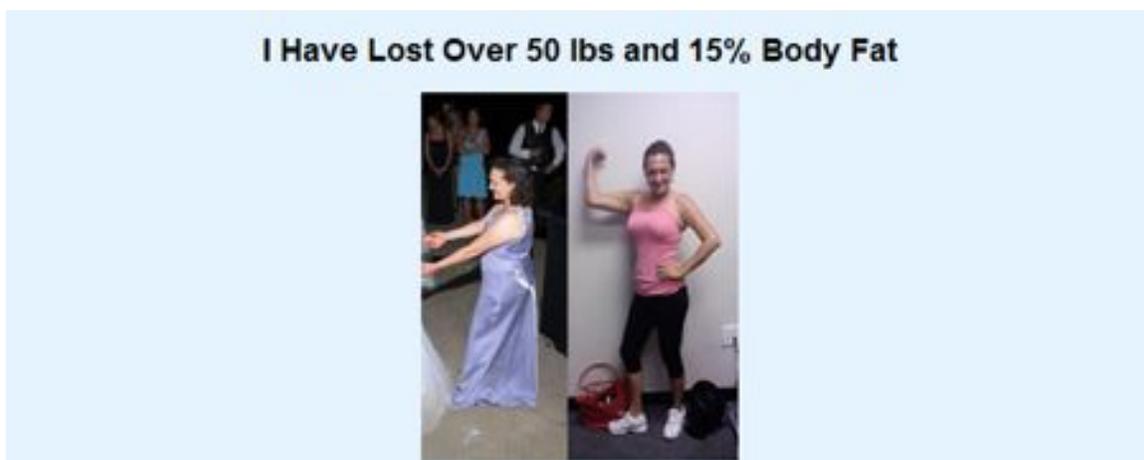
www.WorkoutFinishers.com - Get ripped without ANY long, boring cardio

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



“Mike really changed up my vision of a workout” – Philip



“ He had a fresh approach to training”- Robin