

"Includes My Exact Personal Supplement Plan"

THE FINISHERS LIFESTYLE AND SUPPLEMENT GUIDE

**DISCOVER THE
SIMPLE STRATEGIES
FOR LOSING FAT
AND KEEPING IT OFF
FOR LIFE**



Mike Before



Mike After

MIKE WHITFIELD, CTT

www.WorkoutFinishers.com

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Welcome from Mike Whitfield & Workout Finishers



You and I both know it. Workout Finishers and metabolic workouts rock the casbah, but without some kind of calorie deficit, you won't see all that hard work in the mirror.

It stinks, I know. I had to learn the hard way.

But you don't have to. Inside this manual, I'll share with you not only the strategies I've used to lose weight, but more importantly, how to KEEP it off. After all, that's most of the battle, right?

The strategies are simple, but very effective. You'll see my tricks that I use as well as how I can still enjoy my cheat meals (and you can, too) WITHOUT the guilt that comes with it.

Plus, I'll share you with my supplement regimen that I use today to feel great and keep up with my two sons, Champ and Deakan.

**To finishing your goals strong,
Mike Whitfield, CTT
Author, Workout Finishers**

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

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

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.

The “Diet” Behind Mr. Finisher

First, let me be transparent here and put your mind at ease. I am human. I have my cheat meals, including:

- Pizza
- Ice cream
- Pancakes
- Even more pancakes
- Sizzurp to go on pancakes
- Beef nachos (I love Mexican food)
- You wanna’ see something special? Watch me at Thanksgiving.

So, with that being said, I’ll show you what I’m doing now to keep off the 105 pounds I’ve lost. After all, that’s much of the battle alone is keeping off any weight you find a way to shed, right?

And if a stubborn guy like me can do something like this:



Then **YOU** can certainly do it, too.

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Each morning, I get up at 4:30 AM. Yes, I know that's early. But I learned this trick from my coach Craig Ballantyne. I get more done between 5-7:30 then I do the rest of the day before emails and other things get in the way.

Currently, I'm taking [LeptiBurn from BioTrust](#) first thing in the morning. I do this for two reasons:

One... I really dig the energy from it (and I don't feel like I'm smoking crack... (please note, I've never smoked crack and I thought that sentence would just sound cool) and

Two... I have a monster appetite...seriously. I once put away 13 pancakes after a road race. I can consume a large pizza and it won't even budge my appetite. So, I need the strong appetite suppressant I have found in LeptiBurn. I've tried other appetite suppressants, but I've been really impressed with this one.

That's really it for the "morning supplements". **And don't worry, I'll put all of the links into one nice and cozy spot inside this manual if you want to check them out.**

Breakfast with Mikey?

Not really. Lately, I've been experimenting with not eating until between 10 and 11 am. I've done a number of intermittent fasting protocols and I've been really digging this one. I've been on it since around November of 2012. It's just an easy way to cut calories. I "fast" every day for around 15-16 hours.

Plus, I have great workouts on an empty stomach.

Note – This could change. I go through "phases" just to experiment. Before this, I was on a 24 hour fast protocol 1-2 times a week (that might work for you, too).

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I became a coffee drinker in the early part of 2012. So, I do have a cup of coffee with a splash of some man-made creamer (I won't lie) and then I do sweeten it with Stevia.

For lunch (or late breakfast), my first meal is usually a [BioTrust Protein shake](#) with Almond Milk, along with a handful of nuts. Let's first take a look at the Almond Milk I drink. You see, I'm a Whitfield. So that means I can gain weight rather easily (thanks Mom and Dad). So, any time I can easily cut calories, I go for it. And I do that with my Almond Milk.

So, I use Silk Pure Almond Unsweetened Vanilla, which has 30 calories per serving (but I use 2 servings). Then I add my two scoops of BioTrust Low Carb Protein Powder (I prefer Vanilla on that, too – mmmm, tasty). Then I grab a handful of cashews or almonds and put them on a paper plate. If I take the container, I'll eat more than ten servings at one time because hey... that's how I roll (see my monster appetite above). I play it safe and use the plate. Hey look, here is a pic of me chugging a delicious shake:



Cool. Also, I don't like much with my shakes. Sometimes, I'll throw some natural peanut butter in with it and blend it, but most of the time, it's just Almond Milk and protein powder. With this meal, I have my multi-vitamin (which varies – I typically

try a number of them), the Zn my favorite BioTrust supplement, [Pro-X10](#), along with fish oil.

Then the rest of the day, it varies. I LOVE eggs, so I'll have 3 eggs scrambled with spices, sharp cheese and perhaps a splash of olive oil. I would say this is my "staple" in the afternoons many times. Hey, it works. In fact, that's one of the things I'll talk more in depth about later. I break the rule of "eat something different every day". I actually advocate eating the same things every day during the day if it's working and you find yourself enjoying them. Ohhh! The horror! Like I said, more on that later.

Another mid-day meal I enjoy is raw broccoli or celery with hummus, along with some kind of protein (I eat a good bit of chicken and beef). Then, I'll also sometimes eat the only fruits I like, which are:

Apples

Cantaloupe

Watermelon

Bananas

Yep, that's it. I'm picky. It's true - I don't like berries, peaches, strawberries, oranges, grapes and other popular fruits. Why? I'm a freak yo.

For dinner; this is what differs because my wife has taken over that role. Ever since she became a stay-at-home Mom in 2012, she has been experimenting with different dishes she finds on the interwebz, or she uses the Metabolic Cookbook (which is a great resource by the way).

We are both trying to reduce our gluten (maybe one day eliminate it). We're not gluten-free yet, but we have kept it at a minimum and I've been experiencing

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more energy, which is great because I have to keep up with my two sons, Champ and Deakan.

You know... these guys:



Also, my wife has Ulcerative Colitis (UC) and she gave up medication thanks to reducing her gluten in her diet.

So, dinner is where we change it up. The night before I started to write this, we had chicken marinated in olive oil and a variety of spices, along with a salad. I typically use some kind of flavored vinegar or even rice vinegar, olive oil or a mixture of both.

Here's the funny part – I'm picky on my veggies, too. My salads are typically lettuce, dressing (above), and maybe some chopped almonds or walnuts. I don't like cucumbers, onions, peppers, etc. I told you already... I'm a freak. I do, however, LOVE mushrooms.

Now, as you can see, my diet is rather boring, but it works. If I decide to lose weight, I eat less. If I want to maintain, I keep going with I'm doing.

Simplify.

Now, as you can see, my calories are rather low during the day, right? Well, there's a reason for that. I LOVE to snack after a long day of writing, creating programs, and other things I do during the day. But, I would hate the way I felt guilty for snacking before dinner.

Now this might not work for you, but it's been working for me. I purposely keep my calories low during the day so I can snack heavier at night.

Hey, I told you I was going to be human and honest.

Keep in mind that when I snack, I'm not talking about Cheetos and milk shakes, either. I'm talking about going to town on some hummus, or even some cheese. (Oh noz! Mikeyz eatz dairyzzz!).

I'm not perfect, nor do I plan to be. By the way, I have no problem with dairy, but if you're having inflammation issues, try reducing or eliminating it. I have clients and trainers swear by it. But for me, life without cheese is... life without cheese.

What?

Now for my cheat meals (yes, I cheat), I'll usually have 2-3 cheat meals throughout the week and keep my calories relatively low during the week to compensate for that. For example, I might have a couple of slices of pizza on Friday night, some pancakes on Saturday morning and some Mexican for lunch on Sunday. You might think that's gross... and I really don't care. I stay disciplined during the week so I can do that. Now if I wanted to lose fat, I would simply reduce that down to 1 meal per week because I know that's exactly what works for me.

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There are times however, when I want to just cut really loose and have this one epic cheat meal for the week instead of a few “mini-cheats”. When I say epic, I really mean **EPIC**. For example, check out this sexy photo of some pancakes I had when I got back from Michigan filming workouts with Brian Kalakay. That’s cream cheese frosting on the pancakes with a cinnamon glaze (and yes with syrup on top of that).

Look, this is disgusting to look at. But the truth is that this is what works for me. I had these for dinner and I fasted the day of as well through lunch the next day.

Monday morning I weighed the same as I did on Friday morning. Boom. I’ll take it.



Anyway, this one little trick of how I keep my calories really low during the week and before/after cheat meals is how we’ll roll into the strategies you can use to lose fat and keep it off. Not all strategies will sound good to you, but they work if they fit your lifestyle.

I’ll also share with you my plan to avoid weight gain every holiday season, so be sure to read this again just before Thanksgiving.

Let’s do this...

The Finisher Lifestyle Strategies

These strategies can be used to help you lose fat and keep it off for life. However, don't do all of them at once. That's overwhelming. Pick one to two to try with your lifestyle and see how it fits. Not all strategies are for everyone... and that's ok.

Strategy # 1 – DON'T Buy Your Favorite Foods in the Grocery Store

Look, if you're like me, then that means if it's in the house, you're going to eat it. I understand that you have eaten well all week and you deserve the piece of apple pie. But don't buy the whole apple pie. That means that one slice you were going to eat on Friday night ends up being two more pieces on Saturday, and two more on Sunday. Then you've negated everything you've worked for all week. So if you're going to reward yourself with apple pie, do it in the diner up the street (plus it tastes better).

Strategy # 2 – Aim to Reduce or Eliminate Gluten

Now I'll be the first to admit that I am NOT gluten-free. However, after just reducing the gluten in my diet, I've been able to cut back on calories easier with less thinking, plus my energy has gone through the roof. My snack would sometimes reach for the croutons in the pantry (which we don't even keep now), but once I decided to cut back on gluten, I knew I couldn't eat it. Sometimes, that meant I wouldn't snack at all. That's easy calorie-cutting.

Strategy # 3 – Go for Protein FIRST

This is quite simple. When it's time to grab a snack or meal, make protein your priority. Protein takes more calories to digest than fat or carbs (at least, that's what I last read from nutritionists I trust). So, keep "protein-friendly" sources in your house or wherever you work. This can be eggs, fish, a variety of meats and more.

Strategy # 4 – Say NO to Soda (Even Diet Soda) and other Artificial Drinks

I've been with one of my clients now for six years and recently, he and I BOTH gave up diet sodas. We were both really never into the regular sodas. Now some nutrition experts say that diet soda is actually worse for you than regular soda. My opinion?... I don't know and I don't care.

I do know that they both have processed ingredients that you should keep to a minimum. So instead, he's doing green tea. For me, I do regular tea and I sweeten with it Stevia.

By the way, you can get Stevia at just about any nutrition goods store. **Just be sure to not get swindled into some kind of sweetener “made with Stevia”.** **Go with 100% Stevia.** Here's a picture of Stevia to brighten up this page.



Cool. There it is. Stevia.

Strategy # 5 – Eat More Vegetables and Fruits

I know, I know. You've heard this before. There's a reason. It works. I don't like many veggies or fruits, so I eat the same ones all the time. For example, I'm on a broccoli and hummus kick right now. Two big tablespoons of that along with some raw broccoli and I'm set for a few hours. It works, so START.

Strategy # 6 – At Least Try a Form of Intermittent Fasting

Here is why – I've had SIX people place or win the Turbulence Training Transformation Contest using this style.

In a nutshell, intermittent fasting is simply taking a break from food. About four or five years ago when I first heard about this concept, I scoffed and even laughed at the idea. Then knowing and understanding that I personally have to work really hard to keep my weight off due to my genetics, I thought I would “give it a whirl”.

I used Brad Pilon’s Eat Stop Eat approach and honestly, I fell in love. My energy was improved and my ability to keep weight off was a whole lot easier. Brad’s approach is one to two days per week of taking a 24-hour break from food. These days, I’m experimenting with a daily fast of 16 hours. Good gosh it’s so simple, yet effective.

That’s what made me approach it with my clients and they found it simple as well. So, give it a shot for at least two weeks and see how it works for you.

Strategy # 7 Choose the Lesser of the Evils

I’m not one of those people who will say “no” to hanging out with friends and family just because of the restaurant. That’s just me. So, I take a little bit of time to check out the menu and choose the “lesser of the evils”. I’ll choose a dish that will do the least amount of damage to my waistline. And honestly, if there’s really not a healthy option, I plug in the visit as a cheat meal and life goes on. I just cut back on quantity and continue. Don’t stress about it. Unless you totally gorge, you won’t mess up your entire week. Relax. Besides, this brings me to the next strategy...

Strategy # 8 – Look at Your Overall Calories for the Week & NOT for the Day

Dang, I’m really bummed that the title took up two lines. Why does that bother me? Who knows.

Did you go 300 calories over your daily allotment? I’ll be the first to tell you that it’s OK. I learned this trick from Brad Pilon as well (you can probably tell I respect Brad a lot – I’ve always admired his way of making nutrition so simple).

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I'll put my own personal spin on it – take a look at your calories for the week and not so much on your daily calories. You'll reduce stress.

In other words, let's say you are aiming for 1,700 calories per day. Monday, you consume 2,000 calories. "Ohhh nooo! Alas, I shall not reach my goal for thy week as thou hast gone over thy limit! This mistake has made me speaketh like thiseth!"

No way – RELAX. The next day, you could simply consume 1,400 calories and bam – you're caught up.

Do I have the nerdy scientific research to prove this to be true? NO. But I have used it with some personal clients and myself, so I know it works. So, let's see how this could work with your weekend fun (yes, I'm saying you could possible enjoy your weekends and still get results!).

Alright, so let's say your average daily calories should be 1,700 in order to lose fat each week. That's $1,700 \times 7 = 11,900$. (It's true – I used a calculator. Don't judge me).

So you get a weekly allotment of 11,900 calories per week to lose fat. Cool. Let's say you dig pizza on Friday night and you like Saturday morning pancakes as well as some frozen yogurt with the kids on Sunday. So, let's also say you average 2,200 calories per day on Friday, Saturday and Sunday. That's 6,600 calories. $11,900 - 6,600 = 5,300$. You now have 5,300 calories to play with for the other four days. Are you still with me? Just in case you're not – take a look:

Weekly (7 days) calories allowed – 11,900

Three days of calories consumed – 6,600

Calories left to consume in four days and still lose fat – 5,300

So, if you now average 1,325 calories per day, you'll STILL reach your weekly goal although you "cheated" over the weekend.

Boom goes the weekend fun dynamite. Now before you start thinking, "Mikey, that's really low", think about how easier it is to cut calories during the week than it is on the weekends (for most people). You probably find it easier because you're busy, right? With that and then simply eating more filling vegetables, this will become really easy. This is especially true when you know you can have some fun over the weekend week in and week out.

This is stuff that probably will tick off a lot of nutritionists and dieticians, but it works. Who cares what the "rules" say. If you find this strategy alone works for you and you can stick with it – STICK with it. **Don't follow the rules – BREAK THEM.**

Strategy # 9 – The Holiday Binge – How to Avoid It

The company Christmas party... the family Thanksgiving... and many more. I love traditions. But with traditions, come a lot of food. That's just how we roll (at least here in America).

Starting just before Thanksgiving, I put myself in "Holiday Mode", which is where I typically keep my calories as low as possible during the day (sometimes I even fast) and then I have a protein shake just before the "occasion" so I don't go bonkers on all the good southern food. This allows me to indulge a little bit in my favorite foods. I've used this with two other clients and they were able to keep off their weight over the holidays.

On Thanksgiving, I fast in the morning, have my lunch feast, and then fast again until dinner the next night. For three years in a row, I've been able to do this and keep away from any weight gain over the holidays.

Strategy # 10 – Yes, You Can Eat the Same Thing Every Day!

I know, I know. The nutritionists and dieticians won't like this. But if you were to have a week in which you lost one to two pounds of fat and your nutrition was easy to stick to, wouldn't you stick to it? Why fix something that isn't broke?

It kills me when I would have a client that would lose a couple of pounds of fat, have great energy and then say something like, "That was awesome! I enjoyed my diet and I was able to stick with it. But next week, I think I'll replace ____ with _____."

Why?! It doesn't make sense. Look, I have my BioTrust shake pretty much every day unless I'm traveling. And it's OK. If it's working, stick with it.

Strategy # 11 – Stay Lean on the Road

I travel a lot, which wasn't the case a couple of years ago. I attend the Fitness Business Summit, the Turbulence Training Summit and more events. I actually love it.

But the airport food is horrid. Your selection is fried stuff with cheese or chips. Granted, there are options to buy some nuts but if you look at the label, most of them are servings for 3 or more (and I know me – I'll eat them all).

So, I choose intermittent fasting when I travel. This makes it easier for me instead of trying to figure out a healthy way to eat at the airport.

Now once I arrive, I scope out what restaurants are available and how I can stick to at least a decent nutrition plan. You don't have to be perfect. You can enjoy

yourself and work a little harder (perhaps some bonus bodyweight workouts) and keep the damage at a minimum.

Then, TELL SOMEONE that you're going to dinner, lunch, or wherever with EXACTLY what you plan to eat. There... it's now public and you have to stick with it. You don't have to say why. It's as simple as "I'm craving a sirloin steak with vegetables. No dessert though – it makes me groggy and I want to be able to focus in the meeting tomorrow".

Boom.

So, there are eleven strategies you can use to not only lose fat, but keep it off. Just don't try to implement all of these at the same time – it's overwhelming. Pick one to two strategies that you could use that will fit YOUR lifestyle and give it two weeks to see how it works for you. If you find yourself being able to stick with it – awesome! If not, try a different one or a different combination.

Now, we'll dig into the supplements I take and recommend. Unlike a lot of other trainers, I don't take 50 pills a day. I keep it pretty simple. I stick with what works for my clients and me and that's it.

For one thing – there is no such thing as a "fat burner". Sorry...let's dig in...

Finishers Lifestyle Supplement Guide

These are the EXACT supplements I have taken to help me with my weight and of course, an overall healthy lifestyle. Remember – these are supplements. They are not a replacement for not working and being lazy. With that being said...



[LeptiBurn from BioTrust](#) – Look, I have a massive appetite (how do you think I ballooned to 300 pounds?). So, after trying numerous appetite suppressants, I have fallen in love with LeptiBurn from BioTrust. The appetite control is awesome, but the energy is a big plus, too. I pop two of these in the morning as soon as I get up and then two more around 1 pm. My appetite AND cravings have been much easier to manage using this supplement, and I'm impressed that I get the same effects now as I did when I started taking it. That's hard to find.

[Click here to check it out.](#)



[Low Carb Protein from BioTrust](#) – To be brutally honest, most protein powders are crappy with a bunch of processed ingredients. To add insult to injury, they taste bad, too. The second I tried Low Carb Protein from BioTrust, I fell in love with not only the taste, but the quality. They sweeten their powder with Stevia for one thing, and then on top of that, it also has fiber with every serving, which helps me stay full. I take this when I get home from my workout and for a snack as well.

[Click here to check it out.](#)



[Pro-X10 from BioTrust](#) – It's not really a "sexy fat loss" supplement, but the truth is that if you're digesting your food

easier, you're going to feel and look leaner. Most people don't get that. **This is by far my favorite BioTrust supplement.**

[Click here to check it out](#)

Fish Oil – I take fish oil on a consistent basis and my joints feel amazing... even in my late 30's. And with all the crazy finishers and metabolic workouts I do, that's impressive. I use a variety of fish oils. I have used Nordic Naturals, Advocare and more. I take anywhere between 9-12 capsules a day. That sounds like a lot, but there are many benefits to fish oil including "lubricating" the joints and improved brain function. Just don't get any "cheap" fish oils. They won't do you any good. Get a quality fish oil from your local nutrition store or online and look for quality EPA and DHA oil. It should be around 1,000 mg per serving.

Multi-Vitamin – I change this consistently as well. Again, you're looking for a quality supplement that will "fill in the gaps" like vitamin C, etc. Also, look for "Chelated" ingredients since these will be absorbed better. You probably already know this, but remember – take your vitamins with FOOD.

Now BioTrust offers more products and you can check them out. For example, you can take their BCAAs for workout performance and more. But for me, what you see above is working great for me and it's the "foundation" I tell my clients and readers. But I've been REALLY impressed with every BioTrust product I've tried. You can see the rest of their product line by clicking here:

[Check out all BioTrust Products](#)

And that, ladies and gentlemen, concludes the Finishers Lifestyle and Supplement Guide.

Finishers Lifestyle and Supplement Guide

I leave you with this note... Look, losing fat is **HARD**. That's why not everyone is doing it. But by you having this guide and actually reading it, you're already ahead.

Losing fat may mean you have to give up the Friday night trip to the bar with your co-workers. Who cares. All that's done there is complaining and eating junk food anyway.

This journey does take a little bit of planning, a lot of effort and of course the right balance of discipline and enjoying the journey itself. You'll run into roadblocks. You'll stumble. You'll get frustrated. It gets ugly sometimes. Believe me, I've been there.

***But I promise you, if you simply just keep going... you're almost there,
Mike Whitfield, CTT***

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

- ✓ 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