

MIKE WHITFIELD, CTT

METABOLIC CHAOS

*COMBINE THE POWER
OF METABOLIC RESISTANCE
TRAINING, CONDITIONING
AND FINISHERS*



WWW.WORKOUTFINISHERS.COM

Welcome from Mike Whitfield & Workout Finishers



First, let's discuss the awesome name of the program. "Metabolic Chaos"... say what? Exactly.

Here's the deal – you already know that metabolic resistance training, metabolic conditioning and metabolic finishers not only shred fat faster, but dang, it's a lot of fun!

So, why not blend all three into a delicious metabolic smoothie? That's where Metabolic Chaos comes in. You'll get the ultimate blend of all 3 fat-burning approaches in a unique 4-day/week program.

You'll love the 20-10 finisher after Workout A. Then there's the fun combination exercises in the entire program like the Lunge to Hammer Curl and the Burpee/X-Body Mountain Climber Combo.

Finally, you'll end the week with the "Done in 21" Metabolic Conditioning Density Circuit. You'll have a monster circuit to complete as many times as possible in 21 minutes.

It's ... chaotic, yet a lot of fun with big challenges. That's how Finisher Workouts are done. So brace yourself for the next 4 weeks, but I promise you it will be worth it.

**Get chaotic,
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.

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 on my facebook page here: 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!
- 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.



Workout Finishers Metabolic Chaos 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.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

Jumping Jacks (15)
Alternating Prisoner Lunge (8/side)
T Pushup (5/side)
Leg Swings (15/side)

Follow this workout for 4 weeks and then switch to another program.

Metabolic Chaos Workout Schedule

Day 1 – Workout A

1A) DB Bulgarian Split Squat with Front Foot Elevated (8/side)

1B) DB Incline Chest Press (10)

Rest 30 seconds and repeat 2 more times

2A) 1-Leg DB Romanian Deadlift (8/side)

2B) DB Push Press (12)

Rest 30 seconds and repeat 2 more times

3A) DB Row (10/side)

3B) Alternating Diagonal Ab Wheel Rollout (6/side) or Stability Ball Rollout (12)

Rest 30 seconds and repeat 2 more times

Finisher

Do the following circuit one time, resting as shown:

4A) Box or Bench Jumps (20 seconds), rest 10 seconds – 3 times

4B) Close-Grip 3/4th Rep Pushups (20 seconds), rest 10 seconds – 3 times

4C) Goblet Lateral Lunge (20 seconds/side), rest 10 seconds – 4 times (switch sides with each 20-second period so you'll work both sides twice)

Stretch as needed

Metabolic Chaos

Metabolic Chaos Workout Schedule

Day 2 – Workout B

1A) Lunge Jumps (6/side)

1B) Inverted Row or Strap Row (15)

1B) Elevated Pushups (8/side)

1C) KB or DB Swings (20)

1D) Stability Ball Ab Pike (10)

1E) Alternating Prisoner Reverse Lunge from a Deficit (10/side)

1F) Renegade Pushups (15) or Regular Pushups (20)

1G) Jumping Jacks (50)

Rest 1 minute and repeat up to 3 more times for a total of 4 circuits

Stretch as needed

Day 3 – Recovery Day and Light Exercise

Metabolic Chaos Workout Schedule

Day 4 – Workout C

1A) Snatch Grip Deadlift (8) or DB Squat (8)
1B) Cable Core Press or Stability Ball Plank with Arms Extended (30 seconds)
Rest 1 minute and repeat 2 more times

2A) Narrow Stance Goblet Squat (12)
2B) DB Chest Press (1-1/2 rep style) (8)
2C) DB Rear Lateral Raise (10)
2D) X-Body Mountain Climber with Feet Elevated (10/side)
Rest 1 minute and repeat 2 more times

Finisher

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.

3A) Bench Vault or Skater Hops (8/side...down to 1/side)
3B) Cable Chops or DB Chops or Medicine Ball Chops (8/side...down to 1/side)

Stretch any tight muscles

Metabolic Chaos Workout Schedule

Day 5 – Workout D – Done in 21 Metabolic Conditioning

Do the following circuit as many times as possible in 21 minutes, resting when needed. Once the clock hits 21 minutes, you're done.

- 1A) Alternating DB Lunge to Hammer Curl (10/side)
- 1B) Burpee/X-Body Mountain Climber Combo (5)
- 1C) Skater Hops (10/side)
- 1D) 1-Arm Switch Pushups (5/side)
- 1E) 1-Arm KB or DB Swing (10/side)
- 1F) Extended Side Plank with Cable Row (10/side) or Extended Side Plank (20 secs/side)
- 1G) Bodyweight Squats (15)
- 1H) *Stability Ball Jackknife Double Pushup (5)
- 1I) Total Body Extension (15)
- 1J) Mountain Climbers (5/side)

* Complete TWO pushups after every jackknife

Stretch any tight muscles

Day 6 – Recovery Day and Light Exercise

Day 7 – Recovery Day and Light Exercise

Metabolic Chaos

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) DB BSS w/ FF Elevated (8/side)												
1B) DB Incline Chest Press (10)												
2A) 1-Leg DB RDL (8/side)												
2B) DB Push Press (12)												
3A) DB Row (10/side)												
3B) Alt Diag Ab Wheel or SB RO (12)												
Finisher												
4A) Box or Bench Jumps (20s/10s) 3X												
4B) CG 3/4 th Rep PU (20s/10s) 3X												
4C) Goblet Lateral Lunge (20s/10s) 4X												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Lunge Jumps (6/side)												
1B) Inverted Row or Strap Row (15)												
1C) Elevated PU (8/side)												
1D) KB/DB Swings (20)												
1E) SB Ab Pike (10)												
1F) Alt PR Lunge from Def (10/side)												
1G) Renegade PU (15) or PU (20)												
1H) Jumping Jacks (50)												
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Snatch Grip DL or DB Squat (8)												
1B) CCP or SB Plank w/ AE (30s)												
2A) NS Goblet Squat (12)												
2B) DB Chest Press 1-1/2 rep (8)												
2C) DB Rear Lateral Raise (10)												
2D) X-Body MC w/ Feet Elev (10/side)												
Finisher												
3A) BV or Skater Hops (8/side...1/side)												
3B) Cable, DB or MB Chops (8...1/side)												

Metabolic Chaos

Workout D	Set 1	Set 2	Set 3									
1A) Alt DB Lunge to HC (10/side)												
1B) Burpee/X-Body MC Combo (5)												
1C) Skater Hops (10/side)												
1D) 1-Arm Switch PU (5/side)												
1E) 1-Arm KB/DB Swing (10/side)												
1F) Ext Side Plank w/ Cable Row 10/side) or Ext Side Plank (20s/side)												
1G) BW Squats (15)												
1H) SB Jackknife Double PU (5)												
1I) Total Body Extension (15)												
1J) Mountain Climber (5/side)												

Exercise Descriptions

Warm-up

Disclaimer:

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

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



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.



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Warm-up

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.



Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



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Workout A

DB Bulgarian Split Squat with Front Foot Elevated

- 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.
- Your front foot should be elevated on a small step or platform.
- 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.



DB Incline Chest Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



Workout A

1-Leg DB 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.



DB Push Press

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



Workout A

DB Row

- Rest the left hand flat bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Alternating Diagonal Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable at a diagonal angle.
- Keep your abs braced, and contract them maximally to come back up to the start.
- If alternating, go to the other side. If not, do all reps on one side and then switch.



Workout A

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



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



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Workout A

Goblet Lateral Lunge

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.
- Do all reps on one side and then switch.



Workout B

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



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 B

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 Pushup

- 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 B

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.



Stability Ball Ab Pike

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- 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.



Workout B

Alternating Prisoner Reverse Lunge from a Deficit

- Stand upright on a small step or platform and place your hands behind your head, pulling your elbows back and squeezing your shoulder blades together.
- 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
- Keep your elbows back and your shoulder blades pulled together during the whole movement.



Renegade Pushups

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



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Workout B

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.



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 C

Snatch Grip Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a wide grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Workout C

DB Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Keep your low back arched. Do NOT round your low back.



Inverted Row or Strap Row (see above)

Cable Core Press

- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



Workout C

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 (but a stability ball is more challenging)
- Hold as prescribed.
- Brace your abs throughout the entire exercise.



Narrow-Stance Goblet Squat

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



Workout C

DB Chest Press (1-1/2 Rep Style)

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up halfway to your arms being fully extended.
- Lower the dumbbells back to chest level.
- Finally, push the dumbbells all the way up. That's one rep.
- Squeeze your chest muscles together as your press the dumbbells up.



DB Rear Lateral Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



Workout C

X-Body Mountain Climber w/Feet Elevated

- Put your feet up on a bench or small platform and place your hands on the floor about shoulder width apart.
- Keeping your abs braced and your body straight, bring in one knee towards the opposite elbow.
- Return to the starting position and repeat for the other side.



Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



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Workout C

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.



Cable Chop

- Stand beside a cable stack with the handle set up at the top position.
- Start with the handle held in both hands over one shoulder.
- Keep your abs braced and squat straight down.
- Pull the handle down and across the body, rotating only at the upper back level.
- Chop the handle down below knee level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Workout C

DB Chops

- Grab a dumbbell
- Start by holding the dumbbell above your head and to the left.
- In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



Medicine Ball Chops

- Grab a medicine ball
- Start by holding the medicine ball above your head and to the left.
- In a diagonal and chopping motion, bring the medicine ball to the opposite knee with a slight bend in both knees.
- Brace your abs HARD.
- Return to the starting position and do all reps on one side, then switch or if you are alternating, then you'll switch sides you chop with on every rep.



Workout D

Alternating DB Lunge to Hammer Curl

- Hold a pair of dumbbells with your feet shoulder width apart.
- Take a big step forward with one leg, keeping your torso upright.
- At the same time, curl the dumbbells up towards your shoulders with your palms facing each other.
- Push through the heel of the lead leg to the start position as you bring in the dumbbells.



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.



Workout D

Skater Hops – (see above)

1-Arm 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.



1-Arm KB or DB Swings

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



Workout D

Extended Side Plank with Cable Row

- Lie on the floor on your side.
- Support your bodyweight with your arm extended.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Grab a cable pulley handle pull it towards your side with your arm tucked, contracting your back muscles.
- Repeat as necessary.



Extended Side Plank

- Lie on the floor on your side.
- Support your bodyweight with your arm extended.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Workout D

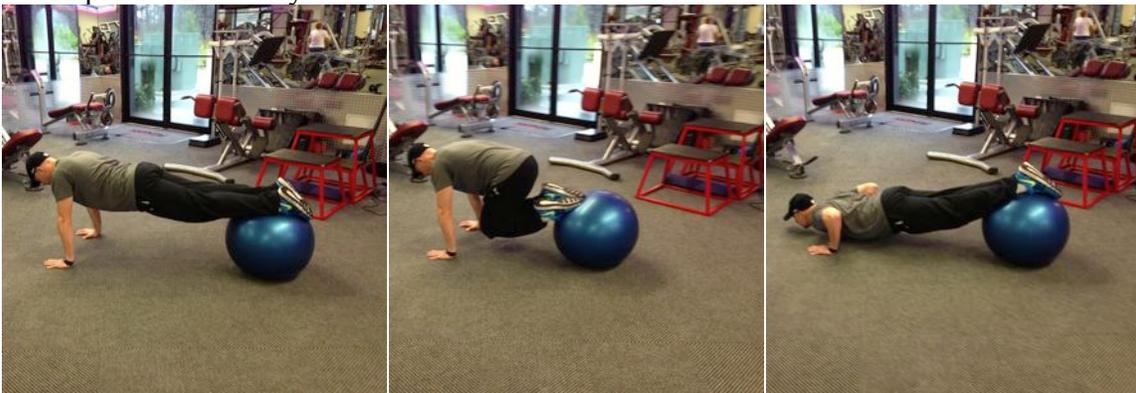
Bodyweight Squat

- 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.



Stability Ball Jackknife Double Pushup

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up (perform TWO pushups for every jackknife)
- Repeat as necessary



Workout D

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.**



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.



More Resources to Fat-Torching 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