

A message from Mike Whitfield, CTT



Mike Before



Mike After

Yes, that's me... I've lost 105 lbs. This is why I do what I do. If I can do this, anyone can.

Cardio. Some people just can't take themselves away from it. This is the perfect "stepping stone" of going from cardio to finishers.

And even if you are not addicted to cardio, you'll love these unconventional methods of combining the fat-burning power of intervals and metabolic finishers. It's like a metabolic cardio smoothie.

Mmmmm.... Smooooooooooooothie.

**Finish strong,
Mike Whitfield (Mikey), CTT**

www.TrainwithFinishers.com - My blog dedicated to finishers

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

www.AbFinishers.com - 33 of the most cutting-edge finishers combined with amazing ab-sculpting exercises to get six-pack abs

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

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC (formerly known/also known as Reflections Fitness) advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered 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.
- 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.



Cardio Addiction Finishers

- Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

Things to Remember

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:

1A) Body Squats (10)

1B) Push-ups (10)

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

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:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

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

You would then do this:

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

Intensity scale – you will see the intensity scale next to any cardio exercise. A 3 out of 10 is an easy, comfortable recovery pace. A 9/10 is just on the brink of the hardest you can ever go.

Cardio Addiction Finishers

Cardio Finisher # 1 **“Run, Jack Run!”**

Do the following circuit as shown one time:

Any cardiovascular activity – 60 secs (8/10 intensity), rest 10 secs
Jumping Jacks (50), rest 20 secs
Any cardiovascular activity – 60 secs (8/10 intensity), rest 10 secs
Jumping Jacks (40), rest 20 secs
Any cardiovascular activity – 60 secs (8/10 intensity), rest 10 secs
Jumping Jacks (30), rest 20 secs
Any cardiovascular activity – 60 secs, (8/10 intensity), rest 10 secs
Jumping Jacks (20)

Cardio Finisher # 2 **“Lunge and Lungs 2.0”**

Do the following circuit as shown one time:

Cardio (7/10) – 2 minutes, rest 30 secs
Walking Lunges (15/side)
Cardio (8/10) – 1 minute, rest 30 secs
Walking Lunges (15/side)
Cardio (9/10) – 30 seconds, rest 30 secs
Walking Lunges (15/side)

Cardio Finisher # 3 **“Cardio Chaos”**

Do the following circuit 3 times, resting for 1 minute between circuits:

1A) Burpees (10)
1B) Cardio (9/10) – 20 secs, rest 20 secs
1C) Decline Pushups (15)
1D) Cardio (9/10) – 20 secs, rest 20 secs
1E) KB/DB Swings (15)

Cardio Addiction Finishers

Cardio Finisher # 4 **“Plankin’ Around”**

Do the following circuit one time as shown:

- 1A) Cardio (9/10) – 30 secs
- 1B) Pushup Plank (30 secs)
- 1C) Cardio (9/10) – 30 secs
- 1D) Pushup Side Plank (30 secs/side)
- 1E) Cardio (9/10) – 30 secs
- 1F) 1-Legged Plank (30 secs/side)
- 1G) Cardio (9/10) – 30 secs
- 1H) Plank (60 secs)

Cardio Finisher # 5 **“Dumbbells and Heart”**

Do the following circuit twice, resting for 30 seconds between circuits:

- 1A) DB Squat and Press (20) (use a weight that you can lift for 25-30 reps)
- 1B) Cardio (7/10) – 2 minutes
- 1C) DB Piston Row (20/side)
- 1D) Cardio (7/10) – 2 minutes
- 1E) KB/DB Swings (20)

Cardio Finisher # 6 **“The Cardio Swing”**

Do the following circuit twice, resting for 1 minute between circuits:

- 1A) KB/DB Swings (20)
- 1B) Cardio (8/10) – 60 seconds
- 1C) KB/DB Swings (20)
- 1D) Cardio (8/10) – 60 seconds
- 1E) KB/DB Swings (20)

Cardio Addiction Finishers

Cardio Finisher # 7 **“Metabolic Ride”**

Do the following circuit once as shown (bike recommended since the intervals are so short – or you can run in place). The transition between cardio and the exercises will count as recovery between exercises:

- 1A) Cardio (9/10) – 20 secs
- 1B) King Press (10/side) – use a weight that you can lift for 15 reps
- 1C) DB Row (20/side)
- 1D) Cardio (9/10) – 20 secs
- 1E) Alternating DB Chest Press (20/side)
- 1F) Cardio (9/10) – 20 secs
- 1G) Stability Ball Leg Curl (20)
- 1H) Cardio (9/10) – 20 secs

Cardio Finisher # 8 **“Keep Your Chin Up”**

Do the following superset as many times as possible in 5 minutes:

- 1A) Chinups (5)
- 1B) Go 1/4th of a mile as fast as you can (treadmill or running recommended)

Cardio Finisher # 9 **“Cardio Instability”**

Do the following circuit one time as shown:

- 1A) Intervals – 30 seconds (9/10), 30 seconds (3/10) – Do this 4 times
- 1B) Stability Ball Jackknife Pushup (20)
- 1C) Stability Ball Leg Curl (20)
- 1D) Stability Ball Stir-the-Pot (8/ea direction)

Cardio Addiction Finishers

Cardio Finisher # 10 **“Half and Half”**

This finisher is split in half.

Part 1

Do the following superset twice, resting for 30 seconds between supersets

- 1A) Lunge Jumps (8/side)
- 1B) Cardio (8/10) – 1 minute

Part 2

Do the following superset twice, resting for 30 seconds between supersets

- 1A) Decline Close-Grip Pushups (15)
- 1B) Cardio (7/10) – 2 minutes

Cardio Finisher # 11 **“Cardio Metabolic Stew”**

Do the following circuit one time

- 1A) Bench or Box Jumps (20)
- 1B) Plank (30 secs)
- 1C) Cardio (9/10) – 30 secs, rest 10 secs (transition time)
- 1D) Chinups (10)
- 1E) Cardio (9/10) – 30 secs, rest 10 secs
- 1F) Renegade Pushups (20)
- 1G) Cardio (9/10) – 30 secs, rest 10 secs
- 1H) KB/DB Swings (40)

Cardio Finisher # 12 **“Bulgarian Cardio”**

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

- 1A) Bulgarian Squats (5/side)
- 1B) Cardio (8/10) – 1 minute
- 1C) Bulgarian Squats (5/side)
- 1D) Cardio (8/10) – 1 minute
- 1E) Bulgarian Squats (5/side)

Exercise Library (Exercises are in order of appearance)

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.



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.



Cardio Addiction Finishers

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



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.



Cardio Addiction Finishers

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.



Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- The lower you are, the more difficult it will be



Pushup Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- 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.



1-Legged Plank

- Keeping a straight line with your body, balance your weight on your toes of one foot and forearms and keep your abs braced.
- Switch legs and repeat



Cardio Addiction Finishers

Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



Squat and Press

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



Cardio Addiction Finishers

DB Piston Row

- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you've done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



King Press

- Holding a dumbbell in front of you at shoulder height, put your rear foot on a bench or platform, keeping your upper body straight.
- Take a big step forward with the lead leg.
- Perform a Bulgarian Squat by lowering your body (keep your upper body upright)
- When you return to the starting position, perform a shoulder press by pressing the dumbbell above your head



Cardio Addiction Finishers

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 DB Chest Press

- Hold both dumbbells above your chest with your palms turned toward your feet.
- Lower one dumbbell to chest level – while keeping the other dumbbell pressed up.
- Pause briefly and press the dumbbell straight up above the chest. Alternate sides.



Cardio Addiction Finishers

Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



Cardio Addiction Finishers

Stability Ball Jackknife-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
- Repeat as necessary



Stability Ball Stir-the-Pot

- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



Cardio Addiction Finishers

Lunge Jump

- 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



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.



Cardio Addiction Finishers

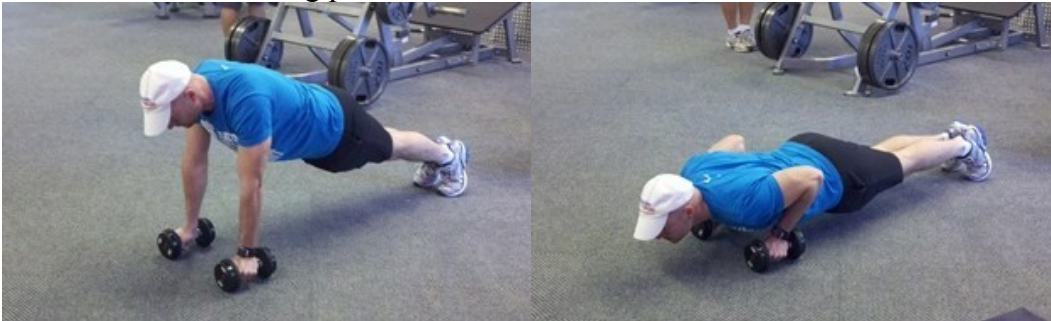
Box or Bench Jumps

- 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



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



Cardio Addiction Finishers

Bulgarian Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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.AbFinishers.com - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

Winner of the 11th Turbulence Training Transformation Contest, Philip Lost 34 lbs in Just 12 Weeks!



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

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin