

*A message from Mike Whitfield, CTT*



**Mike Before**



**Mike After**

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

TRX, Jungle Gyms, just plain ole' straps... whatever you have, you know they rock. And you also know that when you do use them, you work your core harder without any back-breaking crunches or sit-ups.

But what happens when you combine the power of metabolic finishers and the fat-incinerating effects of using the TRX?

TRX finishers... baby. In this Workout Finishers first, you'll discover unique metabolic finishers using straps and advanced bodyweight exercises to bust a plateau in the face and shock your body into fat loss mode.

Your belly fat doesn't stand a chance using these finishers with your workouts and end it with an ab-shredding workout grand finale.

Have fun with the Jumping Spider, the Metabolic Strap Stew and more. Work your abs harder and shred stubborn fat, all without long, boring cardio.

**May you never, EVER get bored with your workouts,  
Mike Whitfield (Mikey), CTT**

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Grab 40 more amazing workout finishers to go with any program

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - My blog dedicated to metabolic finishers

[www.facebook.com/WorkoutFinishers](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



### Things to Remember

- 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.

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!

### BONUS TIP

**For any timed finishers, try to beat previous records each time you do that finisher.**

**For example, when performing a density finisher (a circuit or superset as many times as possible in a set timeframe), try to beat your previous reps.**

## TRX Finishers

### **Finisher # 1** **“The Jumping Inverter”**

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

- 1A) Jump Squat (5)
- 1B) Strap Inverted Row (10)
- 1C) Mountain Climbers (10/side)

### **Finisher # 2** **“The Suspended Torcher”**

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

- 1A) Strap Assisted 1-Leg Squat (15/side)
- 1B) Jumping Jacks (50)
- 1C) Strap Pushups (20)
- 1D) Total Body Extensions (50)

### **Finisher # 3** **“The Jumping Spider”**

Do the following superset 3 times, resting for 30 seconds between supersets.

- 1A) Lunge Jumps (8/side)
- 1B) Strap Spiderman Pushup (8/side)

## TRX Finishers

### **Finisher # 4** **“The Row and Burp Countdown”**

Do the following superset, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) 1-Arm Strap Inverted Row (8/side, 7/side, ... 1/side)
- 1B) Burpee/X-Body Mountain Climber Combo (8, 7...1)

### **Finisher # 5** **“Fried Legs and Core”**

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

- 1A) Strap Bulgarian Split Squat (5/side)
- 1B) Spiderman Climb (5/side)

### **Finisher # 6** **“Strap on for the Metabolic Trail”**

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

- 1A) Strap Inverted Row (10)
- 1B) Triple Stop Pushup (10)
- 1C) Bodyweight Squat (20)
- 1D) X-Body Mountain Climber (10/side)

## TRX Finishers

### **Finisher # 7** **“7<sup>th</sup> Heaven”**

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

- 1A) Prisoner Jump Squat (7)
- 1B) Strap Ab Fallout (7)
- 1C) Skater Hops (7/side)
- 1D) Bodysaw (7)

### **Finisher # 8** **“Strap and Shuttle”**

Do the following superset 3 times, resting for 20 seconds between supersets.

- 1A) Shuttle Sprint (back and forth 6 times)
- 1B) Plank w/Feet in Straps (30 seconds)

### **Finisher # 9** **“The Explosive Swing and Strap”**

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

- 1A) Strap Inverted Row w/Feet Elevated (6...1)
- 1B) Bodyweight Swing Lunge (6/side...1/side)
- 1C) Explosive Pushups (6...1)



## TRX Finishers

### **Finisher # 10** **“Strapping Cardio”**

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

- 1A) Lateral Jumps (3/side)
- 1B) Strap Jackknife (3)

### **Finisher # 11** **“The Suspended 2-Part”**

Do the following circuit ONCE, resting only when needed. Then, rest for 30 seconds and proceed to circuit 2

- 1A) Strap Squat and Row (20)
- 1B) Close-Grip Pushups (20)
- 1C) Run in Place (1 minute)

#### Circuit 2

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

- 2A) Alternating Prisoner Lunge (10/side)
- 2B) Strap X-Body Mountain Climber (10/side)
- 2C) Punch/Kick Combo (15)

### **Finisher # 12** **“The 4-Way Strap Density Circuit”**

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Warning – your abs will get hit hard on this one.

- 1A) Prisoner Lunge Jumps (4/side)
- 1B) Strap Jackknife Pushups (4)
- 1C) Burpees (4)
- 1D) Strap Ab Pike (4)

\* Hold the bottom position of each squat for 3 seconds.

## TRX Finishers

### Exercise Library (Exercises are in order of appearance)

#### ***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.

#### **Finishers 1-4**

#### **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.



## TRX Finishers

### Finishers 1-4

#### **Strap Inverted 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.



#### **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.

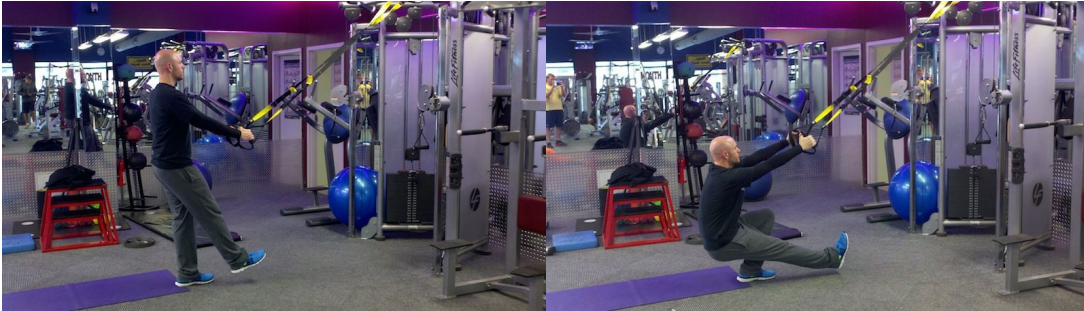


## TRX Finishers

### Finishers 1-4

#### Strap-Assisted 1-Leg Squat

- Stand with your feet hip width apart. Grab the strap handles and lean back.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement at the hip joint. Push your butt back and sit back as if you were sitting on a chair. Squat slowly and focus on balance.
- Squat as low as possible, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



#### 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

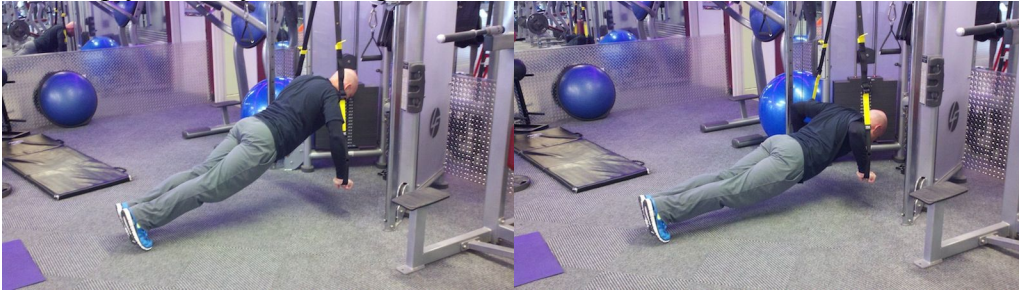


## TRX Finishers

### Finishers 1-4

#### Strap Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your hands in the straps slightly wider than shoulder-width apart.
- Slowly lower yourself down until your chest is at strap level.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



#### 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.**



## TRX Finishers

### Finishers 1-4

#### **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



#### **Strap Spiderman Pushup**

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your feet in the straps.
- Slowly lower yourself down until your chest is at strap level.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- 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.



## TRX Finishers

### Finishers 1-4

#### 1-Arm Strap Inverted Row

- Grab the strap with one hand and take 2 steps backward. Lean back and rest the weight on heels.
- 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.
- Do all reps on one side and then switch



#### 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.



## TRX Finishers

### Finishers 5-8

#### **Strap Vulgarian Split Squat**

- Stand with your feet shoulder-width apart.
- Place one foot on in the strap behind you. 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 through the lead foot to come HALFWAY up and then drop back down to the bottom position. Then push through the foot ALL the way up to the upright position.
- Stay in a split-squat stance and perform all reps for one leg and then switch.



#### **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.





**Finishers 5-8**

**Strap Inverted Row (see above)**

**Triple Stop Pushup**

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



**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.



## TRX Finishers

### Finishers 5-8

#### 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.



#### Prisoner Jump Squats

- 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.
- As soon as you land, jump up again.

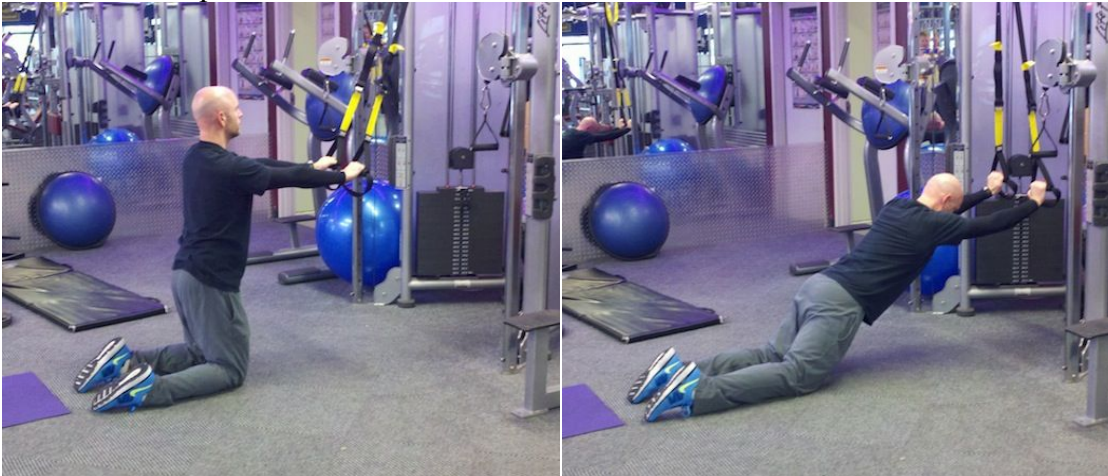


## TRX Finishers

### Finishers 5-8

#### **Strap Fallout**

- Kneel on the ground with your hands in the straps.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Lean forward & extend your arms overhead and keep your abs braced as they stretch.
- Contract your abs and keep your body in a straight line from toes to shoulders as you come back up to the start.



#### **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.



## TRX Finishers

### Finishers 5-8

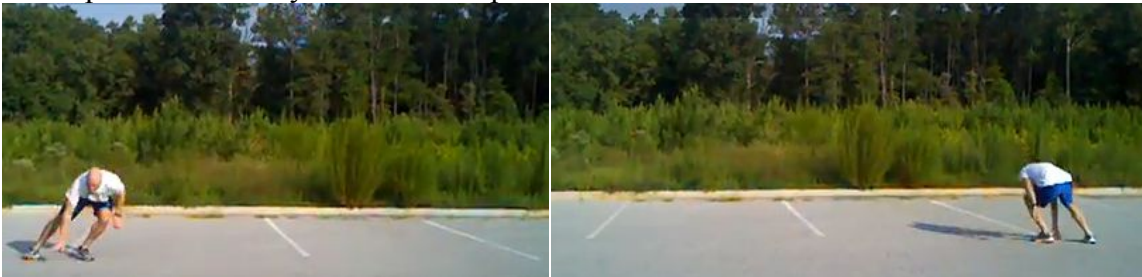
#### **Bodysaw**

- 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!



#### **Suicide Drill (aka Shuttle Sprints)**

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



## TRX Finishers

### Finishers 5-8

#### **Plank with Feet in Straps**

- Place your feet in the straps and your elbows on the ground
- Maintaining a straight line with your body, keep your abs braced and hold this position as prescribed.
- Do not let your hips sag.



## TRX Finishers

### Finishers 9-12

#### Strap Row with Feet Elevated

- Put your feet on a stability ball or bench and grab the TRX or Strap handles with a narrow grip
- Keeping your abs braced, pull yourself up by pulling on the straps
- Maintain a straight line with your body
- Slowly lower yourself back down and repeat.



#### 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



## TRX Finishers

### Finishers 9-12

#### **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



#### **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.



## TRX Finishers

### Finishers 9-12

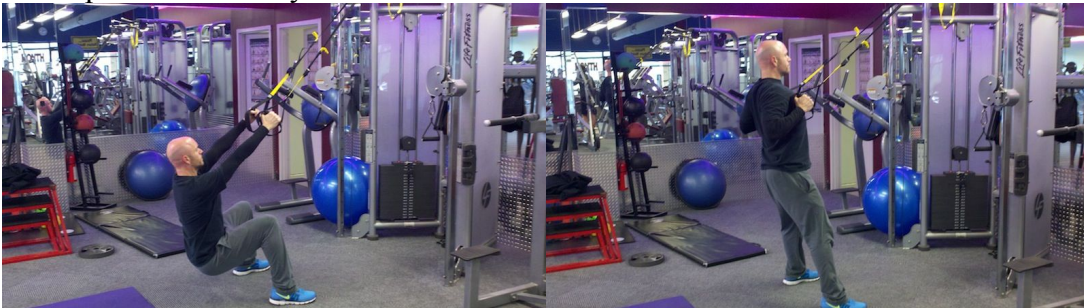
#### **Strap Jackknife**

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- 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 contracting your abs and pulling your feet forward.
- Return to the starting position.



#### **Strap Squat and Row**

- Grab the strap handles and place your feet just outside shoulder-width apart.
- Squat down by pushing your hips back, keeping your back neutral.
- Pushing through the heels of your feet using your quads, glutes and hamstrings to the starting position.
- Perform a strap row by pulling on the handles and bringing yourself up and squeezing your shoulder blades together.
- Repeat as necessary.





## TRX Finishers

### Finishers 9-12

#### **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.



#### **Run in Place**

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



## TRX Finishers

### Finishers 9-12

#### **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.



#### **Strap X-Body Mountain Climber**

- Put your hands in the strap handles and form a straight line with your body while being on your toes.
- Bracing the abs, bring one knee in towards the opposite hand.
- Be sure not to let your hips sag.
- Return to the starting position and repeat with the other side.



## TRX Finishers

### Finishers 9-12

#### **Punch-Kick Combo**

- Stand with feet hip-width apart and knees slightly bent.
- Throw a jab with your weak arm.
- Throw a jab with your strong arm.
- Kick with your weak-arm side leg.
- Kick with your strong-arm side leg.
- Repeat as prescribed.



## TRX Finishers

### Finishers 9-12

#### **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



#### **Strap Jackknife Pushup Combo**

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- 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 contracting your abs and pulling your feet 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



## TRX Finishers

### Finishers 9-12

#### 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.



#### Strap Ab Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- 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, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.



## More Resources to Fat-Torching Finishers To Use With Your Favorite Workouts

[www.WorkoutFinishers.com](http://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](http://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

**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**