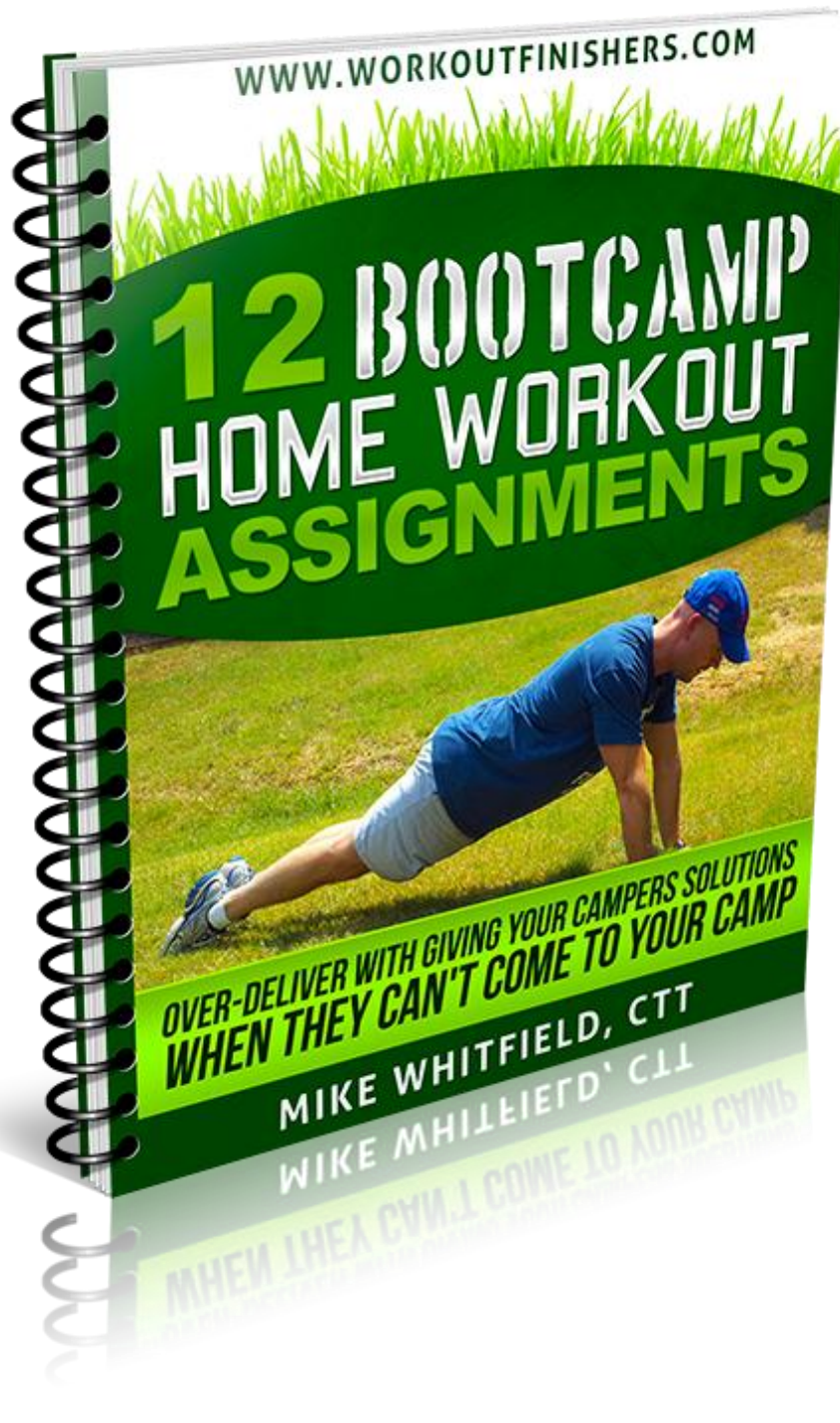


12 Bootcamp Home Workout Assignments



Welcome from Mike Whitfield & Workout Finishers



The one thing that can separate you from all the other bootcamp coaches out there is to over-deliver to your campers.

That's where these Home Workout Assignments can help. If you ever have campers that for some reason can't make it due to vacation, etc., etc., you can over-deliver by giving them any of these short, but very effective home workouts that they can do on their own.

They will appreciate your investment in their success, and of course, they will reach their goals, no matter what.

These short done-for-you workouts can be done anywhere with zero equipment. All you have to do is pick a few for when they can't come in, and hit print.

Consistency = Long Term Results

Have fun giving out these assignments when your campers can't make it to your camp...

**Finish 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.

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 Home 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.

Each workout is short, but effective. Your campers can knock these workouts for when they can't make it to bootcamp. The reason they are more than likely to stick with them...

1. They are short (no time excuse is out the window)
2. They require ZERO equipment

Simply hit print for any of the assignments you want to give them.

Feel free to offer exercise substitutions for their fitness level.

12 Bootcamp Home Workout Assignments

Home Workout Assignment #1

Warm-up

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

Prisoner Squat (10)
Spiderman Climb (6/side)
Leg Swings (15/side)

Circuit

Do the following superset 3 times, resting for 1 minute between circuits.

Jump Squat (8)
T Pushups (6/side)
Bodyweight Walking Lunge (10/side)
X-Body Mountain Climber (8/side)

Finisher

Do the following circuit as many times as possible in 5 minutes, resting ONLY when necessary. The clock will continue to tick, so do as many rounds as possible.

Lunge Jumps (5/side) or Split Shuffle (10/side)
Close-Grip 3/4th Rep Pushups (10)
Total Body Extension (10)
Mountain Climbers – (10/side)

Stretch any tight muscles

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Home Workout Assignment #2

Warm-up

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

Alternating Prisoner Lunge (8/side)

Pushups (10)

Waiter's Bow (15)

The Mega-10 Circuit

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

Bulgarian Split Squat (15/side)

Spiderman Pushups (10/side)

Reverse Lunge (12/side)

Bodysaw (15)

Bodyweight Narrow-Stance Squat (15)

Skater Hops (10/side)

Offset Pushups (10/side)

Star Shuffle (20/side)

Pushup Side Plank (30 secs/side)

Jumping Jacks (20)

Finisher

Do the following as shown up to 8 times

Burpees (5), rest 10 seconds

Stretch any tight muscles

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Home Workout Assignment #3

Warm-up

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

Jumping Jacks (15)
Bodyweight Squat (10)
Pushup Plank (30 secs)

Density Circuit

Do as many circuits as you can, resting only when necessary, in 15 minutes

Prisoner Jump Squats (10)
Spiderman Climb Pushup (8/side)
1-Leg Romanian Deadlift (12/side)
Mountain Climbers – (see above)
Total Body Extension (15)
Close-Grip Pushups (15)
Side Plank (30 secs/side)

Finisher

Do the following twice:

Star Jumps (as many as possible in 45 seconds), rest 15 seconds

Stretch any tight muscles

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Home Workout Assignment #4

Warm-up

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

Stick-ups (10)

Alternating Reverse Lunge (10/side)

Pushups (8) – take 2 seconds to go down and 2 seconds to come up

Circuit 1

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

Narrow-Stance Bodyweight Squat (15)

Triple Stop Pushups (12)

Side Plank with Leg Raise (10/side)

Run-in-Place (30 secs)

Ab Circuit

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

Spiderman Climb (10/side)

Pushup Side Plank (30 secs/side)

Squat Thrusts (8)

Finisher

Do the following superset 4 times, resting for 20 seconds between supersets:

Vertical Jump and Stick (5)

Mountain Climbers – (see above)

Stretch any tight muscles

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Home Workout Assignment #5

Warm-up

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

Y-Squat (10)

Plank to Tricep Extension (5)

Seal Jacks (15)

Total Body Density Superset

Do the following superset as many times in 10 minutes as possible, resting only when needed:

Lunge Jumps (10/side)

Bodyweight Row (15)

Elevated Pushups (10/side)

Total Body Extension (20)

Ab Density Circuit Finisher

Do the following circuit as many times as possible in 5 minutes

Plank to Triceps Extension (10)

Side Plank with Leg Raise (5/side)

Mountain Climbers – (see above)

Stretch any tight muscles

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Home Workout Assignment #6

Warm-up

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

TD Bulgarian Squat (8/side)
Pushups (10)
Prisoner Good-Morning (10)

Circuit 1

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

Bulgarian Split Squat (1-1/2 rep style) (10/side)
Triple Pushup (8 Decline, 8 Close-Grip, 8 Normal)
Alternating Lateral Lunge (10/side)

Circuit 2

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

Prisoner Crossover Lunge (10/side)
Power Lock Pushup (12)
Side Plank (30 secs/side)

Finisher

Do the following superset 5 times, resting for 10 seconds between supersets:

Lateral Jumps (5/side)
Inchworm (5)

Stretch any tight muscles

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Home Workout Assignment #7

Warm-up

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

Swing Lunge (5/side)
Elevated Pushups (5/side)
Squat Thrusts (8)

The Mega-Metabolic Circuit

Do the following circuit one time, resting only when necessary. Time yourself. The next time you do this workout, try to beat your previous time:

Bulgarian Split Squat (30/side)
Decline Close-Grip Pushups (30)
Total Body Extension (50)
1-Leg Romanian Deadlift (20/side)
Burpees (25)
Bodyweight Row (30)
Prisoner Crossover Lunge (20/side)
Squat Thrusts (20)

Stretch any tight muscles

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Home Workout Assignment #8

Warm-up

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

Alternating Prisoner Reverse Lunge (8/side)
Stick-ups (10)
Spiderman Climb (6/side)

Superset 1

Do the following superset 3 times, resting for 1 minute between supersets.

Vertical Jump and Stick (10)
Triple Stop Pushup (12)

Superset 2

Do the following superset 3 times, resting for 1 minute between supersets.

Bodyweight Row (12)
Prisoner Lunge (15/side)

Superset 3

Do the following superset 3 times, resting for 1 minute between supersets.

Run-In-Place (30 secs)
Skater Hops (15/side)

Finisher

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

Prisoner Lunge Jumps (15/side) or Split Shuffle (30/side)
Mountain Climbers – (see above)
Bodyweight Squat (30)

Stretch any tight muscles

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Home Workout Assignment #9

Warm-up

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

TD Reverse Lunge (8/side)
Pushup Plank (30 secs)
Leg Swings (15/side)

Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting ONLY when needed:

Single Leg Burpees (4/side) or Burpees (8)
Bodyweight Narrow-Stance Squat (10)
T Pushup (8/side)
Star Shuffle (10/side)
Breakdancer (10/side)
1-Leg Deadlift (12/side)
Superman Pushup (10/side)
Star Jumps (8)
X-Body Mountain Climber (12/side)

Stretch any tight muscles

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Home Workout Assignment #10

Warm-up

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

Bodyweight Squat (15)
Offset Pushups (6/side)
1-Leg Hip Extension (8/side)

The Big 12 Metabolic Conditioning Circuit

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

Lateral Jumps (8/side)
Punch-Knee Combo (1 minute)
Pushups (20)
Split Shuffle (30/side)
V-Plank (20 secs/side)
Bodyweight Split Squat (20/side)
Hip Extensions (15)
Close-Grip 3/4th Rep Pushups (20)
Prisoner Good-Morning (15)
Mountain Climbers – (see above)
Skater Hops (15/side)
Bodysaw (15)

Finisher

Do the following superset as many times as possible in 3 minutes, resting ONLY when needed:

Burpee (5)
Bodyweight Squat (20)

Stretch any tight muscles

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Home Workout Assignment #11 Interval Workout

5-Minute Warm-up (walk in place)

Run-in-Place (30 seconds)

Plank (30 seconds)

Do the above 4 times, then move onto the next interval workout...

Skater Hops (1 minute), rest 10 seconds

Total Body Extension (1 minute) rest 10 seconds

Do the above 3 times

Stretch any tight muscles

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Home Workout Assignment #12 Interval Workout

Warm-up (5 minutes) (walk in place)

Bodyweight Squats (fast pace) (30 seconds)

X-Body Mountain Climber (30 seconds)

Rest 20 seconds

Do the above 4 times, then move onto the next interval workout...

Pushups (30 seconds)

Burpees (30 seconds), rest 30 seconds

Do the above 4 times

Stretch any tight muscles

Exercise Descriptions
(In order of Appearance)

Workout #1

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.

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



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.



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Workout #1

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.



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.



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Workout #1

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.



Bodyweight 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.



Workout #1

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.



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



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Workout #1

Split Shuffle

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some coordination



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



Workout #1

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.



Workout #2

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.



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.



Workout #2

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Bulgarian Split 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.



Workout #2

Spiderman Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- 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



Workout #2

Bodysaw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



Bodyweight Narrow-Stance Squat

- Stand with your feet NARROWER than hip-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Workout #2

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.



Offset Pushup

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



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Workout #2

Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45° angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



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.



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Workout #2

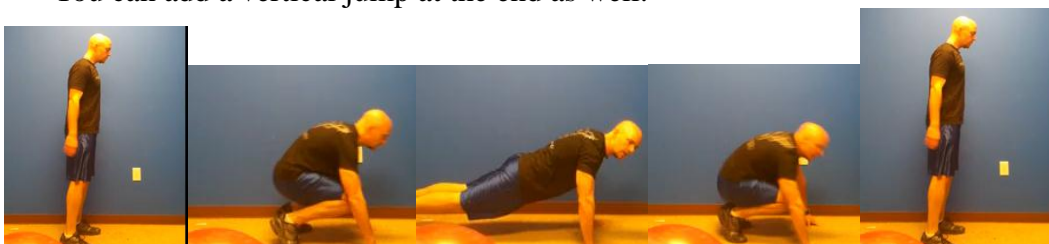
Jumping Jacks

- 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



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.



Workout #3

Jumping Jacks – (see above)

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.



Workout #3

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



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.



Workout #3

Spiderman Climb Push-up

- 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.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- 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.



1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- This can be done with 1 or 2 dumbbells or with your bodyweight



Workout #3

Mountain Climbers – (see above)

Total Body Extension – (see above)

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.



Workout #3

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.
- Hold this position for the recommended amount of time. Switch sides.



Star Jumps

- Stand with your feet about shoulder width apart and your hands at your sides
- Partially squat down with your arms crossed in front of you
- Jump and simultaneously bring your arms above your head as if you're performing a jumping jack in mid-air
- Return to the starting position (be sure to land in the partial squat to absorb the landing)



Workout #4

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Alternating Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- 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



Pushups – (see above)

Workout #4

Bodyweight Narrow-Stance Squat – (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.



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Workout #4

Side Plank w/Leg Raise

- 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.
- Raise your top leg up as high as you can.



Run in Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Spiderman Climb – (see above)

Pushup Side Plank – (see above)

Workout #4

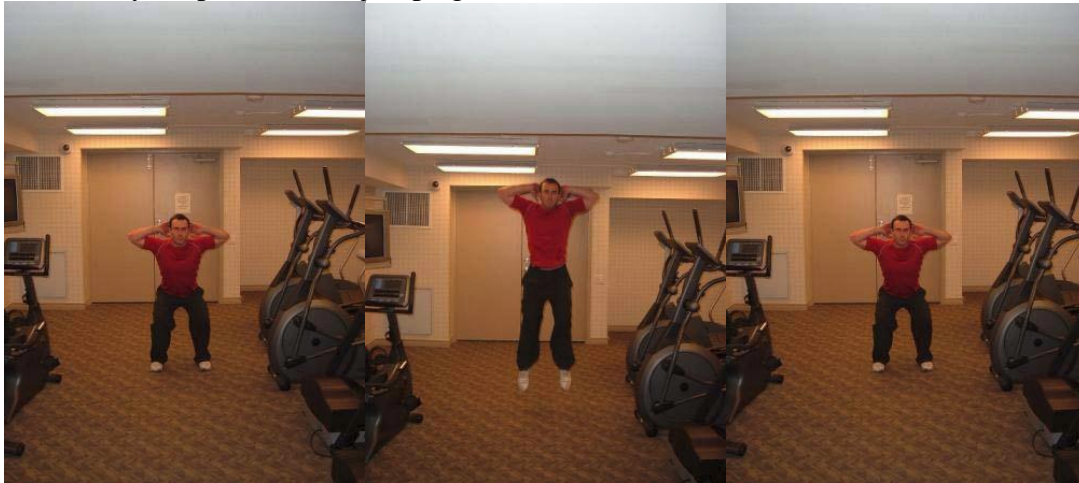
Squat Thrusts

- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Mountain Climbers – (see above)

Workout #5

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- 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.



Plank to Triceps Extension

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



12 Bootcamp Home Workout Assignments

Workout #5

Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



Lunge Jumps – (see above)

Bodyweight Row

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



Workout #5

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



Total Body Extension – (see above)

Plank to Triceps Extension – (see above)

Side Plank with Leg Raise – (see above)

Mountain Climbers – (see above)

Workout #6

TD Bulgarian Squat

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- 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.



Pushups – (see above)

Prisoner Good-Morning

- Stand with your feet about shoulder width apart
- Put your hands behind your head, squeezing your shoulder blades together
- Keeping a slight bend in the knee, bend over until your upper body is almost parallel to the ground, while keeping your shoulders back
- Be sure not to round out your back
- This is very similar to the waiter's bow



Workout #6

Bulgarian Split Squat 1-1/2 Rep Style– (see above photo)

- Go all the way down, then halfway up, then all the way down, and then finally all the way back up

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.



Close-Grip pushup – (see above)

Pushups – (see above)

Alternating Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height (optional).
- 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.



Workout #6

Prisoner Crossover Lunge

- Stand with your hands behind your head and your shoulders retracted.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



Power Lock Pushup

- Start in the regular pushup position, keeping your abs braced
- “Lock” your shoulder blades by keeping them back, down and squeezing them together.
- Maintaining the locked position with your shoulder blades, lower yourself until you are about 2 inches off the ground.
- Push through the chest, shoulders and triceps to the starting position.
- Maintain your shoulders in the lock position during the whole movement.



Workout #6

Side Plank – (see above)

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.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Workout #7

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



Elevated Pushups – (see above)

Squat Thrusts – (see above)

Bulgarian Split Squat – (see above)

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.



Workout #7

Total Body Extension – (see above)

1-Leg Romanian Deadlift – (see above)

Burpees – (see above)

Bodyweight Row – (see above)

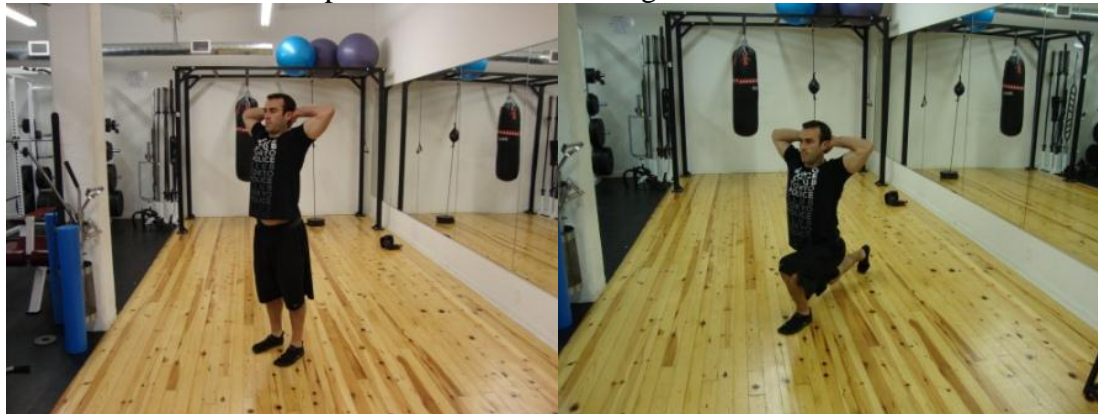
Prisoner Crossover Lunge – (see above)

Squat Thrusts – (see above)

Workout #8

Alternating Prisoner Reverse Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backward 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.
- Pull back to the start position with the front leg.



Stick-ups (see above)

Spiderman Climb – (see above)

Vertical Jump and Stick – (see above)

Triple Stop Pushup – (see above)

Bodyweight Row – (see above)

Workout #8

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.



Run-In-Place – (see above)

Skater Hops – (see above)

Workout #8

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



Split Shuffle – (see above)

Mountain Climbers – (see above)

Bodyweight Squat – (see above)

Workout #9

TD Reverse Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Pushup Plank – (see above)

Leg Swings – (see above)

Workout #9

Single Leg Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



Burpees – (see above)

Bodyweight Narrow-Stance Squat – (see above)

T Pushup – (see above)

Star Shuffle – (see above)

Breakdancer

- Similar to a grasshopper pushup, but without the pushup.
- Start in a pushup position and swing one leg underneath you and across your body towards the opposite hand. Keep your abs braced.
- Reverse the movement, doing an equal number of reps for each side.



Workout #9

1-Legged Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, 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.



Superman Pushup

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



Star Jumps- (see above)

X-Body Mountain Climber – (see above)

Workout #10

Bodyweight Squat – (see above)

Offset Pushups – (see above)

1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Lateral Jumps – (see above)

Workout #10

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.



Workout #10

Pushups – (see above)

Split Shuffle – (see above)

V-Plank

- Keeping your abs braced, from the plank position, extend one arm in front of you.
- Now take one foot off the ground
- Hold this position as prescribed and then switch sides.



Bodyweight Split Squat

- Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Workout #10

Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- 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. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Close-Grip 3/4th Rep Pushups – (see above)

Prisoner Good-Morning – (see above)

Mountain Climbers – (see above)

Skater Hops – (see above)

Bodysaw – (see above)

Burpees – (see above)

Bodyweight Squat – (see above)

Workout #11

Run-in-Place – (see above)

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.



Skater Hops – (see above)

Total Body Extension – (see above)

Workout #12

Bodyweight Squat – (see above)

X-Body Mountain Climber – (see above)

Pushups – (see above)

Burpees – (see above)

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

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