

21-Day Bootcamp Meltdown

Welcome from Mike Whitfield & Workout Finishers



Let the 3-week transformations begin. The next 21 days are going to be amazing as your campers get the most aggressive and effective blueprint to change their bodies.

This is the perfect program to use with jump-start programs or whenever your campers need a good kick to the butt... after all, that's why they hired you, right?

You'll love the combination of Metabolic Resistance Training and Conditioning in this 3-week program. It was inspired by my joint project with Craig Ballantyne, TT MRT Bootcamps.

So, have "fun" and use this program for the jolt your campers need every once in a while. Just remember – be safe.

Enjoy!

**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.



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Workout Finishers 21-Day Bootcamp Meltdown 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.

Here is how this program is set up:

5 days of resistance training with intervals on off days (2). If you run a 6-day/week bootcamp, then you can use the metabolic conditioning circuits on those days. However, if not, then you can have your campers do the intervals as shown on their own.

Day 1 – Workout

Day 2 – Intervals/Conditioning

Day 3 – Workout

Day 4 – Intervals/Conditioning

Day 5 – Workout

Day 6 – Intervals/Conditioning

Day 7 – Any low-intensity activity for 30 minutes

Use this program for THREE weeks, then switch to another workout program.

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Workout Schedule

Day 1 – Workout A

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Prisoner Lunge
Pushups
Waiter's Bow
Plank
Leg Swings (20 secs/side)

MRT Circuit

Do the following superset 3 times, resting for 1 minute between circuits. Each exercise is to be performed for 40 seconds.

*Bulgarian Split Squat with 2-second hold
DB or Strap/Band Row (40 secs/side) or Bodyweight Row
Triple Stop Pushup

*Hold the bottom position for 2 full seconds before coming back up

MRT Superset

Do the following superset 3 times, resting for 1 minute between supersets. Each exercise is to be performed for 40 seconds.

Goblet Squat (40 secs/side)
Spiderman Climb

MCT Circuit

Do the following circuit twice, resting for 30 secs between circuits. Each exercise is to be performed for 40 seconds.

Swing Lunge (40 secs/side)
Decline Pushups
Total Body Extension
X-Body Mountain Climber

Finisher

Do the following circuit ONE time, resting ONLY when necessary:

Prisoner Jump Squat (1 minute)
Close-Grip Pushups (1 minute)
KB or DB Swings (1 minute)

Cool-down, Stretching & Water Break – 10 minutes

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Day 2 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

30 seconds at a 9/10 intensity

30 seconds at 3/10 intensity

Do this up to 10 times.

Or Conditioning at Your Bootcamp (Workout B)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Total Body Extension

Bodyweight Split Squat (20 secs/side)

Offset Pushup (10 secs/side)

MCT Circuit 1

Do the following circuit once, resting as shown, then move onto circuit 2

Goblet Narrow-Stance Squat (50 secs), rest 10 secs

Mountain Climbers (50 secs), rest 10 secs

Alternating Lateral Lunge (50 secs), rest 10 secs

Pushup Plank (50 secs/side), rest 10 secs

Split Shuffle (50 secs), rest 10 secs

Burpees (50 secs), rest 10 secs

1-Leg Hip Extension (50 secs/side), rest 10 secs

Close-Grip 3/4th Rep Pushups (50 secs), rest 30 secs

MCT Circuit 2

Do the following circuit one time, resting as shown:

KB/DB Swings (50 secs), rest 10 secs

Decline Close-Grip Pushups (50 secs), rest 10 secs

Bodyweight Squat (50 secs), rest 10 secs

Bodysaw (50 secs)

Cool-down, Stretching & Water Break – 10 minutes

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Day 3 – Workout C

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Prisoner Squat
T Pushups
Alternating Reaching Lunge
X-Body Mountain Climber

MRT Superset

Do the following superset as shown 3 times, resting for 1 minute between supersets. Each exercise should be performed for 40 seconds)

DB or Strap/Band Row (40 secs/side) or Bodyweight Row (40 secs)
Stability Ball Rollout or Ab Wheel Rollout

MRT Superset

Do the following circuit as shown 3 times, resting for 1 minute between circuits. Each exercise should be performed for 30 seconds:

Prisoner Lunge Jumps
Spiderman Pushups

MCT Circuit

Do the following circuit 3 times, resting for 1 minute between circuits. Each exercise should be performed for 30 seconds.

Walking Lunges
*90% Pushups
Side Plank (30 secs/side)
Box/Bench Jumps or Total Body Extension

Finisher

Do the following circuit as many times as possible in 3 minutes, resting ONLY when necessary:

Single Leg Burpee (2/side)
Plank to Tricep Extension (5)
Jumping Jacks (10)

Cool-down, Stretching & Water Break – 10 minutes

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Day 4 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

1 minute at a 8/10 intensity

Pushup Plank (1 minute)

Rest 30 secs

Do this 6 times

Or Conditioning at Your Bootcamp (Workout D)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Bodyweight Squat

Close-Grip Pushups

Alternating Lateral Lunge

Bird Dog

MCT Circuit

Do the following circuit 4 times, resting for 30 seconds between circuits. Each exercise should be performed for 30 seconds:

Vertical Jump and Stick

KB or DB Swings

X-Body Mountain Climber

Run-in-Place

Cool-down, Stretching & Water Break – 10 minutes

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Day 5 – Workout E

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Alternating Reverse Lunge
Plank
Split Shuffle
Pushups

The Giant MRT Circuit

Do the following circuit as shown 3 times, resting for 1 minute between supersets. Each exercise should be performed for 30 seconds:

Goblet Squat
Triple Pushup (15 seconds Decline, 15 seconds Close-Grip, 15 seconds Normal)
DB or Strap/Band Row (30 secs/side) or Bodyweight Row
Stability Ball Stir-the-Pot OR X-Body Mountain Climber
1-Leg Romanian Deadlift (30 secs/side)
Plank to Tricep Extension
Prisoner Crossover Lunge (alternating)
Elevated Pushup (15 secs/side)
KB or DB Swings
Total Body Extension

Ab Superset

Do the following superset 3 times, resting for 30 seconds between supersets. Each exercise should be performed for 30 seconds.

Bodysaw
Pushup Side Plank (30 secs/side)

Finisher

Do the following as shown 6 times:

Squat Thrusts (20 secs), rest 10 secs

Cool-down, Stretching & Water Break – 10 minutes

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Day 6 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

2 minutes at a 7/10 intensity

2 minutes at a 3/10 intensity

Do this 4 times

Or Conditioning at Your Bootcamp (Workout F)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Prisoner Lunge

T Pushup

1-Leg Hip Extension (20 secs/side)

Plank

MCT Circuit

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

Goblet Switch Lunge (40 secs)

Bodysaw (30 secs)

Close-Grip Pushups (40 secs)

KB or DB Swings (30 secs)

Split Shuffle (40 secs)

Mountain Climbers (30 secs)

Skater Hops (40 secs)

Bodyweight Squat (30 secs)

Cool-down, Stretching & Water Break – 10 minutes

Day 7 – 30 minutes of light activity

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Exercise Descriptions **(In order of Appearance)**

Workout A

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.

Alternating Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position and switch legs.



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Workout A

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.



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.



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Workout A

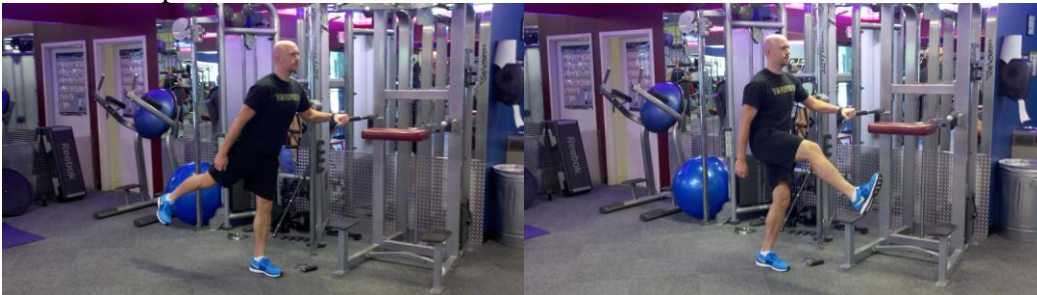
Plank

- 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.



Leg Swings

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



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Workout A

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.



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.



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Workout A

Strap/Band 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.



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



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Workout A

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.



Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- 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.



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Workout A

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.



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



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Workout A

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.



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.**



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Workout A

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.



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Workout A

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.



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.



Workout B

Total Body Extension (see above)

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.



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Workout B

Off-set 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.



Goblet Narrow-Stance Squat

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



Workout B

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.



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.



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Workout B

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



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



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Workout B

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.



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.



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Workout B

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 you about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



KB/DB Swings (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.



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Workout B

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.



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!



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Workout C

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.



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.



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Workout C

Alternating Reaching Lunge

- Stand with your feet shoulder-width apart and then stand on one leg, balance yourself, and then bend your knee and reach forward as you squat down.
- Reach as far as you can while keeping your chest up and back flat.
- Return to the starting position without losing your balance.



X-Body Mountain Climber (see above)

DB Row (see above)

Strap or Band Row (see above)

Bodyweight Row (see above)

Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



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Workout C

Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



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



Workout C

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.



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 C

Pushups (see above)

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.



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



Workout C

Total Body Extension (see above)

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.



Workout C

Plank with 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.



Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



Workout D

Pushup Plank (see above)

Bodyweight Squat (see above)

Close-Grip Pushups (see above)

Alternating Lateral Lunge (see above)

Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.

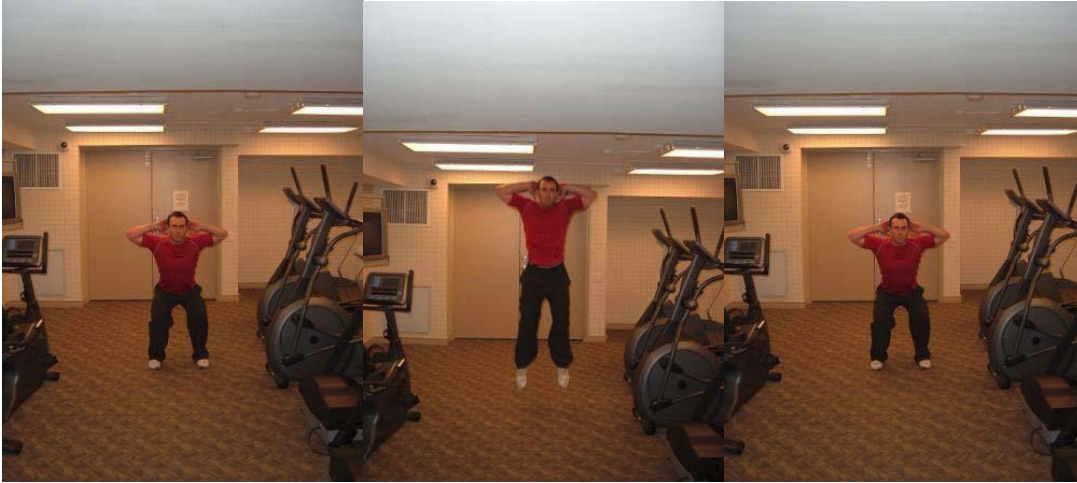


21-Day Bootcamp Meltdown

Workout D

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.

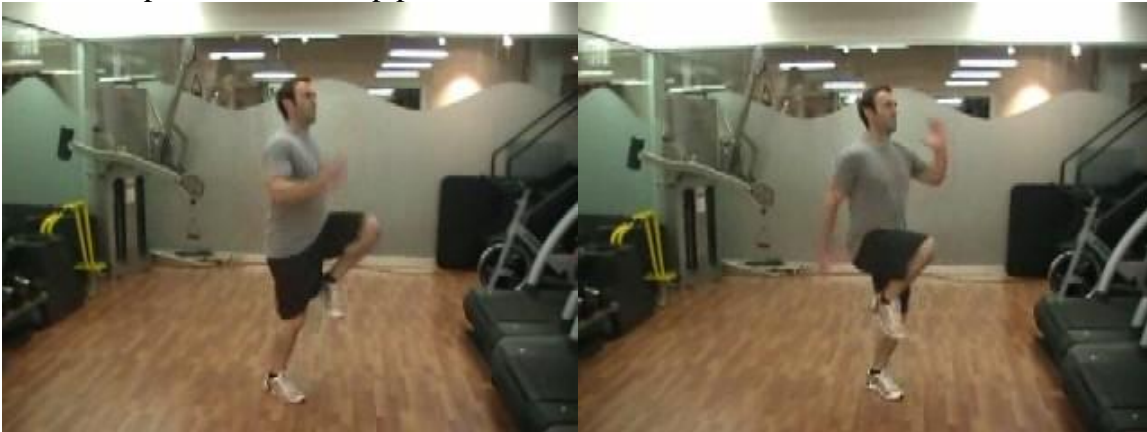


KB/DB Swings (see above)

X-Body Mountain Climber (see above)

Running 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.



Workout E

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



Plank (see above)

Split Shuffle (see above)

Pushups (see above)

Goblet Squat (see above)

Triple Pushup (see photos above for each pushup)

DB Row (see above)

Strap or Band Row (see above)

Bodyweight Row (see above)

Workout E

Stability Ball Stir-the-Pot

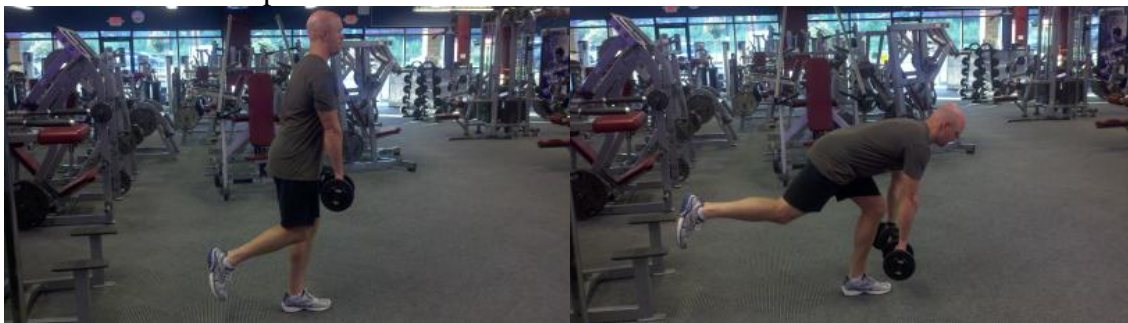
- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



X-Body Mountain Climber

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.
- Dumbbells are optional



Workout E

Plank to Tricep Extension (see above)

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.



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.



Workout E

KB or DB Swings (see above)

Total Body Extension (see above)

Bodysaw (see above)

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.



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



Workout E

Alternating Prisoner Lunge (see above)

T Pushup (see above)

1-Leg Hip Extension (see above)

Plank (see above)

Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



Bodysaw (see above)

Close-Grip Pushups (see above)

KB or DB Swings (see above)

Split Shuffle (see above)

Mountain Climbers (see above)

21-Day Bootcamp Meltdown

Workout E

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.



Bodyweight Squat (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

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