

Bootcamp Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

The Finisher Empire strikes again. Inside this awesome fat-torching manual, you get amazing “after burners” (AKA finishers) to use with your bootcamp workouts.

And whether or not you’re a bootcamp coach or you just want a way to replace boring cardio and even intervals, than this is your answer.

Plug these mini fat-torchers in after your workout for busting through a fat loss plateau and have your bootcampers raving about you.

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

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www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

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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.

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Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



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What is a Metabolic Finisher?

A **metabolic finisher** is a combination of interval training and metabolic resistance training. It's like peanut butter and jelly – it's THAT awesome.

Metabolic workout finishers are designed to complement and enhance your main strength training program. Finishers typically last anywhere between 1 minute to 10 minutes, depending on exercises, reps, sets and the setup.

Can a finisher really last only one minute? You tell me. Do as many burpees as possible in 30 seconds, followed immediately by as many decline close-grip pushups as possible in 30 seconds. That should get your shirt wet.

Metabolic finishers have actually been used for years, but have made a splash in the fitness world recently. This is due to the physical and mental challenges they bring, adding a whole new dynamic to your workouts, as well as the faster results you get from them. The investment of time and effort made to complete one is worth it due to the spike in metabolic rate they give you. You'll burn hours in your sleep. And you know what they say – "Burning fat in your sleep is cool."

What can you expect by incorporating metabolic finishers into your program?

- Faster fat loss due to the metabolic demand
- Break a weight loss plateau
- Improved conditioning – whether you are an athlete trying to improve your reaction time or stamina, or you're tired of panting when you go up and down the stairs

Can I Use Metabolic Finishers as My Main Workout?

The fast answer – no. Here's why – the metabolic finisher is designed to enhance your main workout, not replace it. I like analogies, so let's use one. I like omelets (who doesn't?). The eggs of your omelet are your main workout program. It's the foundation. The metabolic finisher is the combination of the cheese, mushrooms and seasonings. They simply make the omelet better. That's exactly how metabolic finishers work.

An Example of a Metabolic Finisher

This is the EXACT finisher I taught the trainers at the TT Summit. It's only 3 minutes and is very intense. You've been warned.

The "3's Company" Finisher

Do the following circuit as many times as possible in 3 minutes. Rest only when needed, but put in as much as you can with good form.

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1A) Burpee/Spiderman Pushup Combo (3) – this is when you perform a burpee, but once you kick your feet out, you perform a Spiderman Pushup by bending one leg as you come down.... 1 rep on each side.

1B) Lunge Jumps (3/side) – if you're not comfortable doing lunge jumps, you can do reverse lunges

1C) Cross-Body Mountain Climber (3/side)

Congrats. You just burned a ton of calories in a very short amount of time. This is the whole idea behind metabolic finishers. By combining the short rest periods and the calorie-expensive moves like burpees and lunges/lunge jumps, you burn an amazing amount of calories in a very short amount of time.

Metabolic Finishers Compared to Steady-State Cardio

It's actually mind numbing to watch you hop on the treadmill, elliptical, or any other cardio equipment for 30, 40, 60 minutes or more. Unfortunately, this can actually help you gain weight.

Yeah I know, that sounds ridiculous. That's why I'm going to talk about this study...

According to the International Journal of Obesity (32: 177-184, 2008), you can actually gain weight by performing too much cardiovascular exercise. In this study, some people in the group ate an average of an additional 268 calories per day.

That's the average. So, let's say you hop on the treadmill and watched that one episode of "Three's Company" where something was misunderstood and they had to hide something (you know... like all the other episodes). Let's say your calorie meter on the treadmill shows that you burned 200 calories, but because of the cardio increasing your appetite, you eat an additional 300 calories that day. That is a surplus of 100 calories. If you eat an additional 100 calories per week, 5 days per week, that is an additional 2,000 calories per month. Are you like ... visual? No problem – here you go...

100 calories per day X 5 days per week = 500.
500 X 4 (4 weeks in a month) = 2,000.

Oh yeah, and don't forget cardio is really boring. Seriously, the variety of reps, sets and exercises found in metabolic finishers add a whole new dynamic to your workouts compared to the monotonous cardio.

When performing cardio, it typically involves the same repetition over and over for the same muscle group, leading to overuse injuries. Think about it – when you use running or biking for your cardio, your legs do all the work. Metabolic finishers use many muscle groups, therefore exerting the energy throughout the entire body.

Lastly, EPOC (aka the "afterburn") has been proven to be very little after steady state cardio, however research does prove to us that using the style of training with metabolic finishers has a much higher EPOC, especially compared to steady-state cardio.

What Equipment is Used with Metabolic Finishers

The possibilities are endless. Many well written and effective metabolic finishers can involve just using your own bodyweight. That means you can do them anywhere without having to hunt

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down any equipment. Finishers can also involve dumbbells, stability balls, kettlebells, barbells and more. The great thing is that you can substitute certain exercises to cater to what you have available. My favorite metabolic finishers usually involve a combination of dumbbells and bodyweight exercises. Thanks to the variety of reps, sets, and rest periods, you can virtually use a new finisher every time you work out.

The Metabolic Finisher Advantage

Start using metabolic finishers with your main workout program, and you'll be busting through a plateau and getting shredded in no time... just by investing some solid effort and a little bit of time. Brace yourself though – the metabolic finisher advantage takes a concentrated effort and focus. Only the few are willing to put in that kind of effort, and if you're reading this, you're one of them.

Finish Strong,
Mikey, CTT

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A Quick Note About Offering Exercise Substitutions

Always offer exercise substitutions to your bootcampers. Let's face it. Not everyone needs to be doing jump squats. So when you offer these finishers, be sure to offer an exercise substitution for the more challenging exercises.

Here are a few examples:

Instead of Jump Squats, you can do Total Body Extensions or Low Box Jumps

Instead of Decline Pushups (or any other more challenging pushups), you can do normal Pushups

Instead of Lunge Jumps, you can do the Split Shuffle

Always offer an alternative exercise based on your bootcampers' fitness level. Alright, let's rock this thing....

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Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.

- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

Things to Remember

A “superset” is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

1A) Body Squats (30 secs)

1B) Push-ups (30 secs)

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

Here is what you do: one set of 30 seconds of Body Squats, then immediately, with NO rest, 30 seconds of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

Timed sets work best with bootcamp workouts. Everyone can go at their own pace.

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 (30 secs)

1B) Push-ups (30 secs)

1C) Inverted Row (30 secs)

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

You would then do this:

30 seconds of Body Squats, immediately 30 seconds of Push-ups, immediately 30 seconds of 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.

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Finisher # 1 **“Swinging Spiders”**

Do the following superset 5 times, resting for 20 seconds between supersets:

- Superset 1 – do each exercise for 50 seconds
- Superset 2 – do each exercise for 40 seconds
- Superset 3 – do each exercise for 30 seconds
- Superset 4 – do each exercise for 20 seconds
- Superset 5 – do each exercise for 10 seconds

- 1A) KB/DB Swings
- 1B) Spiderman Climb

Finisher # 2 **“Lunge the Mountain”**

Do the following circuit 3 times, resting for 20 seconds between circuits:

- 1A) Alternating Prisoner Lunge (30 secs)
- 1B) Mountain Climbers (30 secs)
- 1C) Alternating Lateral Lunge (30 secs)
- 1D) X-Body Mountain Climbers (30 secs)

Finisher # 3 **“Metabolic Stew”**

Do the following circuit 4 times, resting for 10 seconds between circuits:

- 1A) Jump Squats (20 secs)
- 1B) Decline Pushups (20 secs)
- 1C) Bodyweight, Band or Strap Row (20 secs)
- 1D) Inchworm (20 secs)

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Finisher # 4 **“Partner Metabolic 200”**

Split your bootcamp into partners (that’s group of two – ha... I’m hilarious). Each team is to complete the following circuit, however only one person can go at a time. For example, person 1 would do 20 prisoner squats and then rests, and while he/she rests, his/her partner would jump in and complete 20 prisoner squats. That’s 40 total, so 10 to go. The first team to complete all reps wins.

- 1A) Prisoner Squat (50)
- 1B) Close-Grip Pushups (50)
- 1C) Bodyweight, Strap or Band Row (50)
- 1D) KB/DB Swings (50)

Finisher # 5 **“Ab-Trocious”**

Do the following circuit 3 times, resting for 10 seconds between circuits:

- 1A) Stability Ball Rollout or Stability Ball Jackknife (30 secs)
- 1B) Pushup Side Plank (30 secs/side)
- 1C) X-Body Mountain Climbers (30 secs)

Finisher # 6 **“Pushing the Density”**

Do the following circuit as many times as possible in 5 minutes. Tell your campers to simply rest as needed, but the clock will continue to tick:

- 1A) Triple Stop Pushups (10)
- 1B) Jumping Jacks (5)
- 1C) Spiderman Pushups (5/side)
- 1D) Total Body Extensions (5)
- 1E) Decline Pushups (10)

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Finisher # 7 **“10-Second Reliefs”**

Do the following circuit as shown twice:

- 1A) Burpees (50 secs), rest 10 secs
- 1B) Alternating Lateral Lunges (50 secs), rest 10 secs
- 1C) Close-Grip 3/4th Rep Pushups (50 secs), rest 10 secs
- 1D) Skater Hops (50 secs), rest 10 secs

Finisher # 8 **The Infamous “3’s Company”**

Do the following circuit as many times as possible in 3 minutes. Tell your campers to simply rest when needed, but the clock will continue to tick.

- 1A) Lunge Jumps (3/side)
- 1B) Burpee/Spiderman Pushup Combo (3)
- 1C) X-Body Mountain Climbers (3/side)

Finisher # 9 **“The Swinging Gauntlet”**

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

- 1A) KB/DB Swings (40 secs)
- 1B) Elevated Pushups (15 secs/side)
- 1C) KB/DB Swings (40 secs)
- 1D) Bodyweight, Strap or Band Rows (30 secs)
- 1E) KB/DB Swings (40 secs)

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Finisher # 10 **“Camping with Bears”**

Good times for the abs are ahead. Do the following circuit twice, resting for 30 seconds between circuits:

- 1A) Bear Crawl (30 secs)
- 1B) Total Body Extensions (30 secs)
- 1C) Bear Crawl (30 secs)
- 1D) Alternating Bodyweight Chops (30 secs)
- 1E) Bear Crawl (30 secs)
- 1F) Jumping Jacks (30 secs)

Finisher # 11 **“It’s Just Deuce”**

Do the following circuit as many times as possible in 3 minutes. Tell your campers to rest when needed, but the clock will continue to tick:

- 1A) Burpees (2)
- 1B) Narrow Stance Squat (2)
- 1C) Spiderman Climb Pushup (2/side)
- 1D) Jumping Jacks (2)
- 1E) Squat Thrusts (2)

Finisher # 12 **“B2B Burpees”**

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

- 1A) Lateral Jumps (20 secs)
- 1B) Triple Pushups (20 secs of Decline Pushups, followed immediately by 20 seconds of Close-Grip Pushups, followed immediately by 20 seconds of Normal Pushups)
- 1C) Split Shuffle (20 secs)
- 1D) Burpee/X-Body Mountain Climber Combo (20 secs)
- 1E) Burpee (20 secs)

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Finisher # 13 **“Super Stars”**

Do the following as shown up to 6 times:

- 1A) Star Jumps (15 secs), rest 10 secs
- 1B) Plank (15 secs), rest 10 secs

Finisher # 14 **“The Squat Hold Gauntlet”**

Do the following as shown one time:

- 1A) Mountain Climber Sprint to Start (4 mountain climbers per side, then sprint 3-4 strides) (40 secs)
- 1B) Squat Hold (20 secs)
- 1C) Spiderman Pushups (40 secs)
- 1D) Squat Hold (20 secs)
- 1E) Bodyweight, Strap or Band Row (40 secs)
- 1F) Squat Hold (20 secs)
- 1G) Inchworm (40 secs)
- 1H) Squat Hold (20 secs)

Finisher # 15 **“The Squatting Jacks”**

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

- 1A) Squat Thrusts (1 min)
- 1B) Jumping Jacks (1 min)

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Finisher # 16
“Burpee-athon”

Do the following as shown up to 6 times:

Burpees (30 secs), rest 10 secs

Finisher # 17
“Six-Pack Legs”

Do the following circuit as shown one time:

Bulgarian Split Squat (30 secs/side)

Stability Ball Stir-the-Pot (15 secs/side)

Walking Lunges (30 secs)

Stability Ball or Ab Wheel Rollout (30 secs)

Goblet Squat (30 secs)

Body Saw (30 secs)

Alternating Lateral Lunge (30 secs)

Pushup Side Plank (30 secs/side)

Finisher # 18
“Starring the Hopper”

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

1A) Star Jumps (30 secs)

1B) Grasshopper Pushups (30 secs)

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Finisher # 19 **“Totally Tabata”**

Do the following as shown up to 8 times:

Total Body Extensions (fast tempo) (20 secs), rest 10 secs

Finisher # 20 **“The Spider Gauntlet”**

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

- 1A) Spiderman Climb Pushups (30 secs)
- 1B) Narrow-Stance Goblet Squat (30 secs)
- 1C) Spiderman Climb (30 secs)
- 1D) Swing Lunge (30 secs/side)
- 1E) Spiderman Pushups (30 secs)
- 1F) Strap, Band or Bodyweight Row (30 secs)
- 1G) Spiderman Pushup Plank (15 secs/side)

Finisher # 21 **“The Deuce is Loose Again”**

Do the following circuit as many times as possible in 5 minutes. Tell your campers to simply rest when needed, but the clock will continue to tick:

- 1A) Burpee/X-Body Mountain Climber Combo (2)
- 1B) Bulgarian Split Squat (1-1/2 rep style) (2/side)
- 1C) Elevated Pushups (2/side)
- 1D) Jump Squats (2)
- 1E) Skater Hops (2/side)

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Finisher # 22 **“Hitting the 40’s”**

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

- 1A) Reaching Lunge (40 secs/side)
- 1B) Band, Strap or Bodyweight Row (40 secs)
- 1C) Triple Stop Pushup (40 secs)
- 1D) Jumping Jacks (40 secs)

Finisher # 23 **“Metabolic Chaos Countdown”**

Do the following circuit, resting 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 exercise. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) Side-to-Side Jumps (6/side, 5/side, etc., etc. down to 1/side)
- 1B) Decline Close-Grip Pushups (6, 5, etc., etc., down to 1)
- 1C) Total Body Extensions (6, 5, etc., etc. down to 1)

Finisher # 24 **“5-Minute Metabolic Toast”**

Do the following circuit one time, resting when needed, but the clock will continue to tick:

- 1A) Vertical Jump and Stick (1 min)
- 1B) Stability Ball Jackknife Pushup Combo (1 min)
- 1C) Strap or Band Row with 1-Second Pause at the Top (1 min)
- 1D) Squat Thrusts (1 min)

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Finisher # 25 **“Let’s Get Eccentric”**

Do the following circuit 4 times, resting for 30 seconds between circuits:

- 1A) Eccentric Pushup (30 secs)
- 1B) Eccentric Prisoner Squat (30 secs)
- 1C) Spiderman Pushup Plank (15 secs/side)

Finisher # 26 **“The Death Gauntlet”**

Do the following circuit one time, resting as needed, but the clock will continue to tick (special thanks to Todd Durkin for the Death Crawl exercise):

- 1A) Death Crawl (1 min)
- 1B) KB/DB Swings (30 secs)
- 1C) Death Crawl (1 min)
- 1D) Offset Pushups (15 secs/side)
- 1E) Death Crawl (1 min)

Finisher # 27 **“Bring Your Saw”**

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

- 1A) Body Saw (1 min)
- 1B) Alternating Prisoner Lunge (1 minute)

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Finisher # 28 **“The Upper Smoker”**

Do the following circuit as many times as possible in 3 minutes:

- 1A) Triple Stop Pushup (5)
- 1B) Strap, Band or Bodyweight Row (5)
- 1C) Plank to Tricep Extensions (5)

Finisher # 29 **“Counting Down the Mountain”**

Do the following superset as shown, resting when needed. Keep it moving, but tell your campers to rest if needed and just jump back in. Complete 8 reps of each exercise in the first superset. In the next superset, you will complete 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise:

- 1A) Alternating Prisoner Reverse Lunge (8/side, 7/side, etc., etc. down to 1/side)
- 1B) X-Body Mountain Climber (8/side, 7/side, etc., etc. down to 1/side)

Finisher # 30 **“Just Konging Around”**

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

- 1A) Kong (20 secs)
- 1B) Goblet Split Squat (20 secs/side)
- 1C) Kong (20 secs)
- 1D) Close-Grip 3/4th Rep Pushups (20 secs)
- 1E) Kong (20 secs)

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Finisher # 31 **“The Metabolic Monster”**

Do the following circuit one time, resting as needed. Reward ANYONE who completely finishes this nasty finisher.

- 1A) Vertical Jump and Stick (30 secs), rest 10 secs
- 1B) Decline Close-Grip Pushups (30 secs), rest 10 secs
- 1C) Strap or Band Row (30 secs), rest 10 secs
- 1D) Plank to Triceps Extension (30 secs), rest 10 secs
- 1E) KB/DB Swings (30 secs), rest 10 secs
- 1F) Triple Stop Pushups (30 secs), rest 10 secs
- 1G) Total Body Extensions (30 secs), rest 10 secs
- 1H) Burpees (30 secs), rest 10 secs
- 1I) Skater Hops (30 secs), rest 10 secs
- 1J) Narrow-Stance Squats (30 secs), rest 10 secs
- 1K) Jumping Jacks (30 secs)

Exercise Library (Exercises are in order of appearance)

Finishers 1-4

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.



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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Finishers 1-4

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.



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.



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Finishers 1-4

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.



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.



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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.



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.



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Finishers 1-4

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



Band or Strap Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



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Finishers 1-4

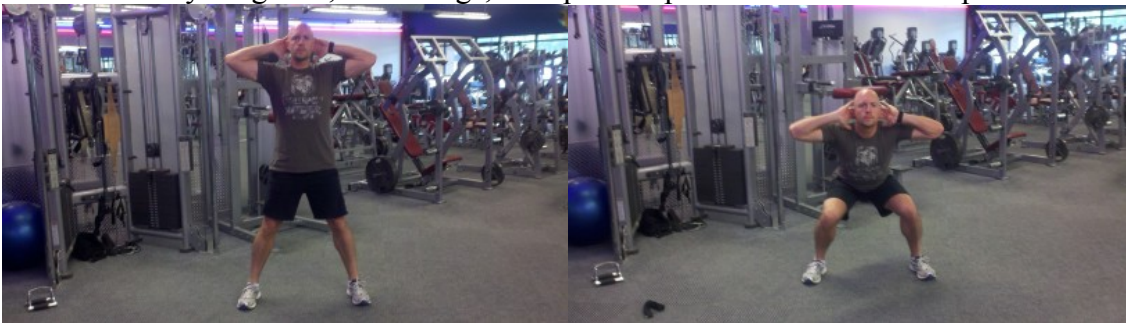
Inchworm

- 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.



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.



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Finishers 1-4

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.



Bodyweight Row (see above)

Strap or Band Row (see above)

KB/DB Swings (see above)

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Finishers 5-8

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.



Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



Bootcamp Finishers

Finishers 5-8

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.



X-Body Mountain Climber (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.



Bootcamp Finishers

Finishers 5-8

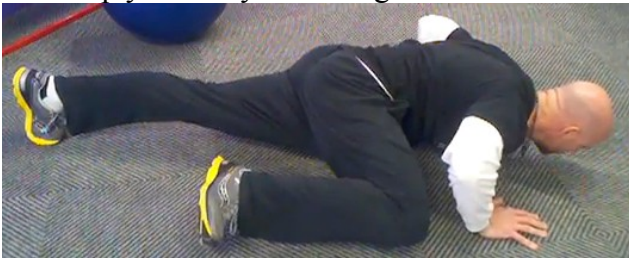
Jumping Jacks

- 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



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.



Bootcamp Finishers

Finishers 5-8

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.**



Decline Pushups (see above)

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.



Bootcamp Finishers

Finishers 5-8

Alternating Lateral Lunges (see above)

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



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.



Bootcamp Finishers

Finishers 5-8

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



Bootcamp Finishers

Finishers 5-8

Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



X-Body Mountain Climber (see above)

Bootcamp Finishers

Finishers 9-12

KB/DB Swings (see above)

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.



KB/DB Swings (see above)

Bodyweight Row (see above)

Band or Strap Row (see above)

KB/DB Swings (see above)

Bear Crawl

- Do not do this if you have back problems
- Start on all fours
- Move forward with your hands and feet
- Then move backwards



Bootcamp Finishers

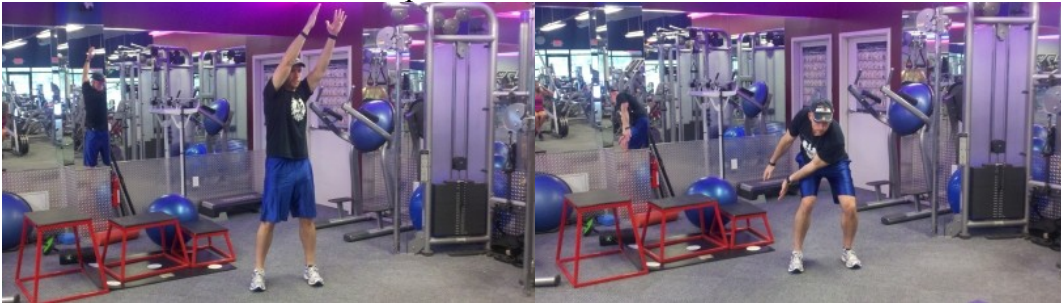
Finishers 9-12

Total Body Extension (see above)

Bear Crawl (see above)

Alternating Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Alternate sides with each rep.



Bear Crawl (see above)

Jumping Jacks (see above)

Burpees (see above)

Bootcamp Finishers

Finishers 9-12

Narrow-Stance BW (Bodyweight) 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.



Bootcamp Finishers

Finishers 9-12

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.



Jumping Jacks (see above)

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



Bootcamp Finishers

Finishers 9-12

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.



Triple Pushups (for Decline and Close-Grip Pushups, see above)

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.



Bootcamp Finishers

Finishers 9-12

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



Burpee/X-Body Mountain Climber Combo

- 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.
- Perform an X-Body Mountain Climber (1 per side) (see photo below)
- Thrust your feet back up to your chest and stand back up.
- You can add a vertical jump at the end as well.



Bootcamp Finishers

Finishers 9-12

Burpees (see above)

Bootcamp Finishers

Finishers 13-16

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)



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.



Bootcamp Finishers

Finishers 13-16

MC Sprint to Start

- Start in pushup position
- Do 4 mountain climbers per side, and with knee at chest,
- Come out of that position and do 2-3 strides,
- Then go down to mountain climbers, do 4 reps per side,
- Go back across from where you came from (if doing in small area)



Bootcamp Finishers

Finishers 13-16

Bodyweight Squat Hold

- 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.
- Hold the bottom position as instructed
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



OR...

Wall Squat Hold

- Keeping your back against the wall, slide down in the squat position with your feet just outside shoulder width apart.
- Keep your abs braced and your back against the wall.



Bootcamp Finishers

Finishers 13-16

Spiderman Pushups (see above)

Squat Hold (see above)

Bodyweight Row (see above)

Strap or Band Row (see above)

Inchworm (see above)

Squat Hold (see above)

Squat Thrusts (see above)

Jumping Jacks (see above)

Burpees (see above)

Bootcamp Finishers

Finishers 17-20

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.



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.



Bootcamp Finishers

Finishers 17-20

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.



Stability Ball Rollout (see above)

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.



Bootcamp Finishers

Finishers 17-20

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.



Bootcamp Finishers

Finishers 17-20

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!



Alternating Lateral Lunge (see above)

Pushup Side Plank (see above)

Star Jumps (see above)

Grasshopper Push-up

- Start in a pushup position. Drop your right hip, and rotate your right leg so that it moves under your body and your right foot ends up outside your left hand.
- Reverse the movement and bring your leg back to the start position. Alternate sides.



Bootcamp Finishers

Finishers 17-20

Total Body Extension (see above)

Spiderman Climb Pushups (see above)

Narrow Stance Goblet Squat

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



Spiderman Climb (see above)

Bootcamp Finishers

Finishers 17-20

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



Spiderman Pushups (see above)

Bodyweight Row (see above)

Strap or Band Row (see above)

Bootcamp Finishers

Finishers 17-20

Spiderman Pushup Plank

- 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.
- Hold this position as prescribed.
- 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.



Bootcamp Finishers

Finishers 21-24

Burpee/X-Body Mountain Climber Combo (see above)

Bulgarian Split Squat 1&1/2 reps

- 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.
- 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.



Elevated Pushups (see above)

Jump Squat (see above)

Skater Hops (see above)

Bootcamp Finishers

Finishers 21-24

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.
- Perform all repetitions on one leg and then switch.



Bodyweight Row (see above)

Strap or Band Row (see above)

Triple Stop Pushup (see above)

Jumping Jacks (see above)

Side-to-Side 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.



Bootcamp Finishers

Finishers 21-24

Decline Close-Grip Pushups

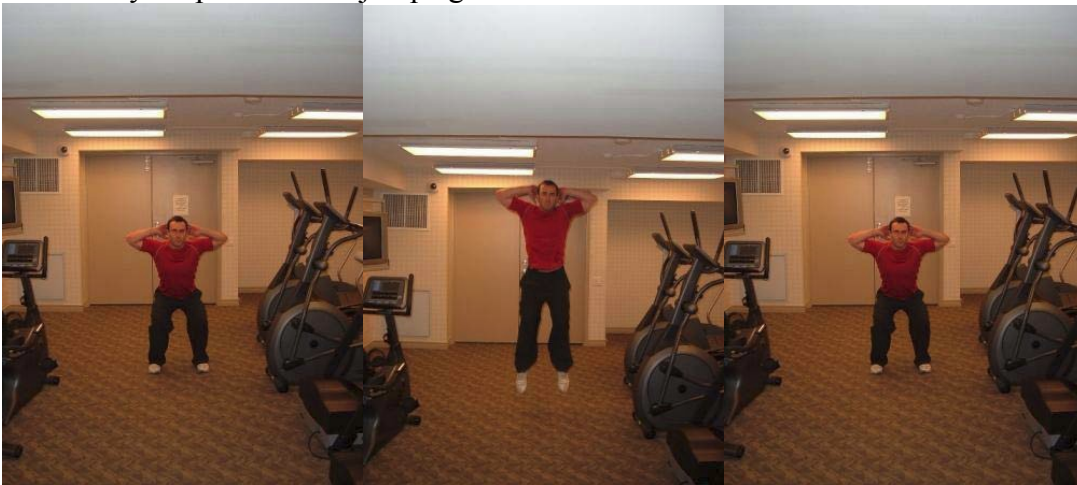
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Total Body Extension (see above)

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.



Bootcamp Finishers

Finishers 21-24

Stability Ball Jackknife-Pushup Combo

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



Band or Strap Row with 1-Sec Pause

- 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.
- Pause for one second, squeezing your shoulder blades together
- Slowly return to the start position.



Bootcamp Finishers

Finishers 21-24

Squat Thrusts (see above)

Bootcamp Finishers

Finishers 25-28

Eccentric Push-up

- Same as regular pushup (see above for photo) but take 5 seconds to lower yourself to the ground.

Eccentric Prisoner Squat

- Same as prisoner squat (see above for photo), but take 5 seconds to lower yourself.

Spiderman Pushup Plank (see above)

Bootcamp Finishers

Finishers 25-28

Death Crawl

- Start in a push-up position as you grip a pair of dumbbells.
- Do two push-ups, two plank rows with your left hand and two rows with your right. (To perform a row, maintain the push-up position, but bring one elbow up close to your torso as you balance on the dumbbell in your opposite hand.)
- Now, do a walking plank, moving forward several feet by lifting the dumbbells and your feet, and taking tiny steps. (Remain in the up position of the push-up.)
- Stand up and do a jump squat with dumbbells.
- Drop down and repeat the sequence.



Bootcamp Finishers

Finishers 25-28

KB/DB Swings (see above)

Death Crawl (see above)

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.



Death Crawl (see above)

Bodysaw (see above)

Alternating Prisoner Lunge (see above)

Triple Stop Pushup (see above)

Bodyweight Row (see above)

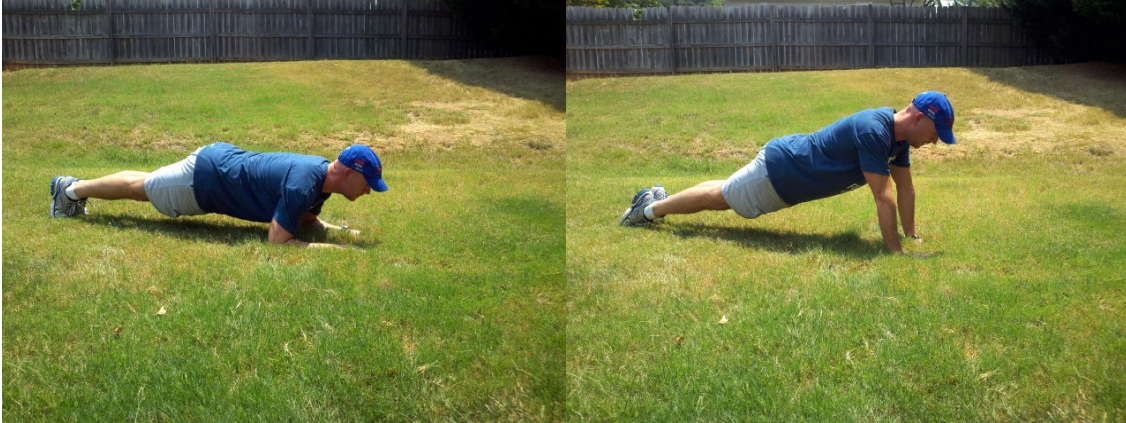
Strap or Band Row (see above)

Bootcamp Finishers

Finishers 25-28

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.



Bootcamp Finishers

Finishers 29-31

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.



X-Body Mountain Climber (see above)

Kong

- Squat down onto all fours.
- Rise up on the balls of your feet.
- Pull your body forward with your arms while hopping forward, like a gorilla.



Bootcamp Finishers

Finishers 29-31

Goblet Split Squat

- Stand with your feet shoulder-width apart and hold a dumbbell in front of your chest.
- 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.



Kong (see above)

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

Kong (see above)

Vertical Jump and Stick (see above)

Decline Close-Grip Pushups (see above)

Strap or Band Row (see above)

Plank to Triceps Extension (see above)

KB/DB Swings (see above)

Triple Stop Pushups (see above)

Total Body Extensions (see above)

Bootcamp Finishers

Finishers 29-31

Burpees (see above)

Skater Hops (see above)

Narrow-Stance Squats (see above)

Jumping Jacks (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 - Blog dedicated to metabolic workout finishers

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