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# 31 SPRINT CONDITIONING WORKOUTS

*GET SHREDDED FAST WITH INSANE  
COMBINATIONS OF SPRINTS AND  
BODYWEIGHT COMPLEXES*



**MIKE WHITFIELD, MASTER CTT**

## ***A message from Mike Whitfield, CTT***



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

The feedback was crazy. It started with a question on Facebook... “I’m curious - would you kids be interested in a Sprint program?” And then you spoke...

“As a hill sprint addict... YES!” ... “YES, YES, YES!” ... “Yes sir!” and more just like that.

You already know the power of using sprints to improve your conditioning and shed fat. But what happens when you combine sprints and fat-burning bodyweight exercises? Does a unicorn appear bringing you a cold glass of tea? No, it’s even better...

Instead, you’ll discover a lethal combination to belly fat and overcome just about any plateau. Heck, I’d even say these give you “wiggle room” in your diet!

What we’re doing is taking sprint workouts to a whole new level. It’s borderline insane... but it works!

Be sure to read through the manual before starting the workouts. I’ve got everything lined up for you – how to replace sprints with bodyweight exercises and more.

**Let’s get insane,  
Mike Whitfield (Mikey), CTT**

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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. 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.

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.

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.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.

# 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!
- 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.
- Make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, you can use just about any interval app on your phone or use a stopwatch. You can also get a GymBoss found at [www.gymboss.com](http://www.gymboss.com).

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# First, Why Sprint?

Sprinting is one of the most effective forms of fat loss training. Let's get a little scientific...

When the body performs any explosive movement (like sprinting) at a high intensity, it releases growth hormone (GH) immediately and in the days to follow, to aid in recovery.

In fact, one study showed that a 30 second all-out sprint increased Human Growth Hormone (HGH) a whopping **530 percent over baseline levels**. High growth hormone levels are ideal for shedding fat while keeping lean muscle tissue at the same time.

When you perform sprints, you increase the size of the mitochondria, the part of the cell that stores energy. This makes the body more efficient at releasing energy and thus it has fewer propensities to store body fat for energy (also known as burning off stubborn fat).

This means that sprinting not only oxidizes fat cells, but it also aids your body into preventing NEW fat from being stored.

## Here's another interesting study...

The study, published in the journal of Medicine and Science in Sports and Exercise compared the effect of a sprint interval program that included 30-second sprints with an endurance running program at 65 percent of maximal for 30 to 60 minutes over 6 weeks. Participants in the sprint interval group increased their volume from running 4 sprints with 4 minutes rest per session to doing 6 sprints per session by the end of the study. The endurance running group increased run time by 15 minutes every 2 weeks to reach 1 hour of training time per session.

The sprint interval group lost an impressive 12.4 percent body fat and an average of 2 to 3 kg of fat mass after 6 weeks. **They spent a total of .75 of an hour actually sprinting compared to the endurance group that spent 13.5 hours running.** T

For you math nerds, that means the sprint interval group spent just 5.5% as much time training as the endurance group.

**That means more times for pancakes.**

The endurance training group also lost about half a kilo of fat, which was likely due to the caloric deficit that came from greater energy expenditure while

running. The sprint intervals were more effective due to increased post exercise oxygen consumption (aka the “afterburn”).

Now imagine combining the power of sprints PLUS fat-burning bodyweight exercises into one amazing conditioning workout.

That’s what you’re going to get with this Sprint Conditioning system. You’ll get a combination of bodyweight conditioning, sprinting, and even some bonus KB/DB/Strap work.

It’s like all the fat-loss Superheros coming together.

# How to Replace Sprints with BW Exercises (MUST READ)

Sprints are amazing for fat loss. But if you're not ready for sprints or you want an indoor option – I've got you covered.

You'll see exactly how to replace sprints with any of these 4 moves.

**Keep in mind that these moves should be done at a sprinting intensity.** That means go as fast as you can, but with control. Remember, a sprint is an all-out effort, so that means you need to do the same with any of these exercises.

This is pretty simple. Replace the sprints in the manual with any of these exercises. So if the manual says sprint for 20 seconds, then you'll do any of these exercises (at a sprint intensity) for 20 seconds.

That's as simple as I could get it ;)

Now, for specific distance sprints – I cover that with the "indoor option" (if needed) with each workout. Cool?

Alright, the exercises!

## **Sprint Exercise Substitution #1 – Run in Place**

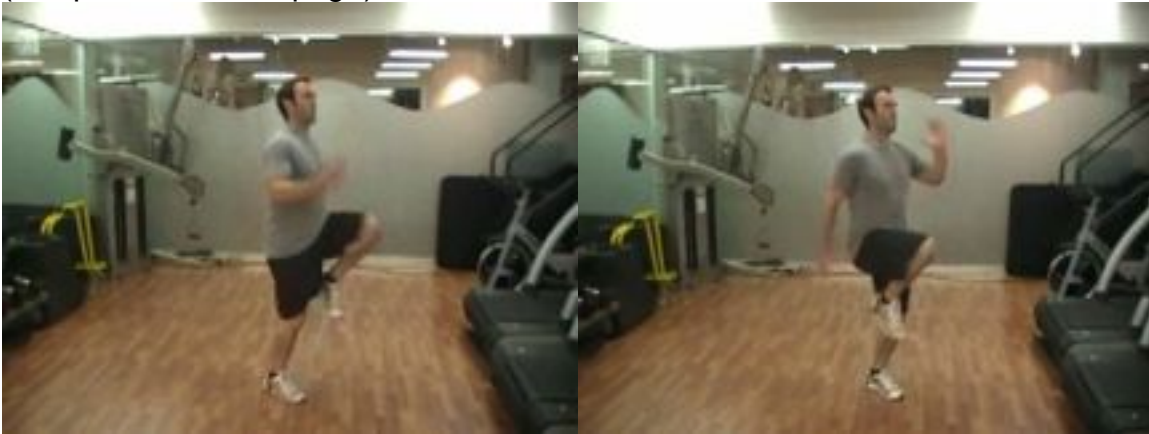
You can run in place for any of the sprints – just remember to keep those knees pumping and go as fast as humanly possible! Here's how to do it (thanks to my mentor and coach Craig Ballantyne):



### **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 with a sprinting intensity

(see picture on next page)



### **Sprint Exercise Substitution #2 – Split Shuffle**

The Split Shuffle is like running in place, but with less impact on your knees. You'll literally "shuffle" your feet like a boxer instead of bringing your knees high.

Remember – the key to this is to match the sprinting intensity. Go FAST! Here's how to do it:

### **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



### **Sprint Exercise Substitution #3 – Jumping Jacks**

This is another great non-impact option. This classic exercise will increase your heart rate pretty quick. But again, **do these as fast as humanly possible**, but under control! Here's how to do it:

#### **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



### **Sprint Exercise Substitution #4 – Total Body Extensions**

I'm obsessed with the Total Body Extension. It's perhaps the best non-impact conditioning exercise of all time. You can replace sprints with these, but I'll warn you... to do them at a sprinting intensity is a little awkward.

Here's a quick "trick" to be able to do these a little faster. DON'T come up on the toes at the top of the movement. This will let you regain your balance faster and get to the next rep even quicker.

That's why these exercises are in a certain order ;) Here's how to do it:

### 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.  
**(Note – if using this for sprint replacements, DON'T come up on your toes so you can get to the next rep even faster.)**
- 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.**



# How to do Sprints on a Treadmill

Sprints on a treadmill can be VERY tricky. In fact, it can be outright dangerous. So, I want to tell you how you can do them without landing on your face.

If you haven't used a treadmill in a while or you're unsure if you're ready for this - then skip the sprints on a treadmill idea and stick with the exercise substitutions if you need to the workout indoors.

Alright, let's do this...

**Step 1** – With your feet to the sides of the treadmill and OFF the belt, set your treadmill at the maximum speed you can handle for the time given (hint: start CONSERVATIVE).

**Step 2** – Once the treadmill gets to the desired speed, jump on the belt and perform the sprint for the time prescribed.

**Step 3** – DON'T try to adjust or slow down the belt, but instead, just hop off to the sides when your time is up. Repeat as necessary.

**If you're doing hill sprints**, you'll need to slow down the speed of the belt and increase the incline.

Here's an example.

I typically run a sprint on a treadmill at a speed of 14 mph if doing sprints.

If I were to do hill sprints (for 20 seconds for example), then I would do it like this:

Speed: 10 mph  
Incline: 10%

The principle remains the same – hop off and back on... NEVER try to adjust the belt speed or incline while running... like as in ... NEVER EVER.

# How Should I Choose My Workout?

This is going to be so easy, you'll be AMAZED.

Sprint Conditioning Workouts 1 – 21 are sprints and bodyweight exercises only using ZERO equipment.

The final 10 are “Hybrid” Sprint Conditioning Workouts using a variety of sprints (duh), kettlebells, dumbbells, straps and bodyweight exercises. The good news is that I give you a ZERO-equipment option for each of these 10 workouts, too.

Boo-ya!

**Anyway – how to choose one? Pick one and do it.**

There's no “secret” formula on which ones to do in what order or any of that nonsense. Just do the work and give it all you got.

Now, here's how to have fun but not over-train, either. This is important so you don't get hurt...

**Rule # 1 – NO MORE than 4 workouts per week**

**Rule # 2 – NO MORE than two workout days in a row**

**Rule # 3 – NO MORE than ONE workout (don't be a fool and do 2-3 back to back because you're going to the beach next week).**

If you're new to sprint training, I suggest just two workouts a week, with 2 days of rest between workouts. A schedule like this is an example:

Monday – Sprint Workout  
Tuesday & Wednesday – Rest  
Thursday – Sprint Workout  
Friday – Sunday – Rest

As I'm turning 40 this year, I feel and perform my best at 3 workouts per week, with a day of rest between workouts. Something like this works:

Monday – Sprint Workout  
Tuesday – Rest  
Wednesday – Sprint Workout  
Thursday – Rest  
Friday – Sprint Workout  
Saturday and Sunday – Rest

Of course, listen to your body, too. If you feel burned out, or you're "running on empty" during the day, cut back on your workouts. Cut out a day. Let yourself recover.

***These workouts are meant to invigorate and challenge you, not destroy you.***

# How to Modify a Workout to My Fitness Level

After working with hundreds of private clients and thousands of readers, it comes down to three things...

## **Variable # 1 – Exercise Substitution**

For more advanced exercises, don't be afraid to change those out for exercises you can do correctly.

Here are some great examples:

- Jump Squats → sub for Bodyweight Squats or Total Body Extensions
- Burpee → sub for Bodyweight Squats or Total Body Extensions (or take out the pushup and/or the jump)
- Lunges → If an advanced lunge like the Crossover Lunge is too much, than you can sub that out for the standard Lunge or Reverse Lunge
- Pushups → There are a variety of pushups in most of my programs. Why?... because they work. However, not everybody can do the specific pushup I outline in the manual.
  - Spiderman Pushups → Elevated Pushups.
  - Regular Pushups → Kneeling Pushups

And hey, don't forget you can increase the difficulty as well. Perhaps you're a freak of nature and you find Spiderman Pushups dull. So, you can do Decline Spiderman Pushups, etc.

Don't forget to leverage my facebook page, too. I always offer exercise substitutions there. I'm here to help... you mind as well use me! Here is the link to my Facebook page:

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

So, as you can see, that's just one of the ways you can adjust a finisher or workout to fit your unique fitness level. You can even mix and match.

Let's say you're to do T Pushups for 30 seconds, but you can only last for 20 seconds. Then, you can do regular pushups for the last 10 seconds.

The same goes to increase a finisher's difficulty. Perhaps a program calls for Total Body Extensions. You can certainly increase the difficulty by using Jump Squats.

Boom.

### **Variable # 2 – Rest Periods**

People often misunderstand the impact of a rest period. 20 seconds of work is vastly different than 30 seconds of work... trust me.

So to decrease the difficulty of a program, you can increase the rest period. So if a finisher or workout calls for 30 seconds, don't be afraid to make it 45 seconds to one minute and even longer depending on your fitness level.

The same goes for increasing the difficulty. You can always reduce the rest periods as well.

### **Variable # 3 – Volume**

Volume simply means how much work is put in. So if you feel you need to cut back on the volume, that's fine. For example, let's say a program calls for 4 rounds or circuits. Then you could cut back to 2 rounds to reduce the intensity.

Another example is a density finisher that is for 5 minutes. Then you can reduce that down to perhaps 3 minutes. No one knows your body more than you do.

### **When in doubt, go CONSERVATIVE.**

This is especially true when doing a finisher or workout for the first time.

So that is how you can take literally any program and "tweak" it to make it your own and fit your individual needs and fitness level.

So, as a quick recap, you can manipulate any or a combination of the following variables to adjust any finisher or workout:

**Variable 1 – Exercise**

**Variable 2 – Rest Period**

**Variable 3 – Volume**



And while you're at it, check out this article on the "Master List for Bodyweight Exercise Substitutions".

You'll get the step-by-step video on how to use the Total Body Extension as well as photos for bodyweight exercise subs.

Get the master list of bodyweight exercises here:

<http://trainwithfinishers.com/master-list-for-bodyweight-substitutions/>

# Where do I Find Out How to Perform the Exercises?

I did three things to make it easy for you.

1. The exercise photos and descriptions are at the bottom of this manual with the exercises being in alphabetical order.
2. The exercise photos and descriptions are also in a separate PDF that you should have received as part of this package. If not, send an email asking for it to [support@workoutfinishers.com](mailto:support@workoutfinishers.com) and we'll get it to you asap!
3. As a Platinum VIP customer, you get access to the coaching videos. THIS IS YOUR BEST approach to learn the exercises. Access to this is part of your welcome message (check your inbox buddy)

## ***Why watch the videos?***

Because with the videos, I explain some alternatives you can use for the advanced exercises with every workout. I really want you to get the most out of this program.

That's why I do a walk-thru of each workout so there isn't any guesswork on your part ;) I tried to keep them short and sweet, too so you can get started with the workout ASAP!

# The Structure of the Workouts

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 the following:

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

Body Squats (10)

Sprint (20 secs)

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, a sprint for 20 seconds, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A “circuit” is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let’s say you have the following:

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

Body Squats (10)

Push-ups (10)

Sprint (30 yards)

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately sprint for 30 yards, and then rest for 1 minute. You would do this 4 times... then you’re done

There are exceptions (density circuits for example – when you do as many rounds as possible in a certain timeframe, etc. etc.)

# Warm-Up

**This Warm-Up MUST Be Completed Before ANY of the Workouts!**

Do the following circuit twice, resting for 30 seconds between circuits. Once you're done with the second circuit, rest 30 seconds and then do your specific sprint warm-ups.

Bodyweight Squat (10)  
T Pushups (3/side)  
Jumping Jacks (15)  
Leg Swings (15/side)

## **Specific sprint warm-ups**

**If you're using the sprint exercise substitutions, use that exercise as your warm-up as well**

Sprint (20 secs) at about 50% of your maximum speed, rest 30 seconds, then...  
Sprint (20 secs) at about 70% of your maximum speed, rest 30 seconds, then...  
Sprint (20 secs) at about 80% of your maximum speed, rest 1-2 minutes, then...

Begin your workout!

Note – Platinum VIP customers should watch the warm-up video as well.

# Get Started!

## Enough Blabbing, Let's Get Started!

I agree. This is getting out of control. But I wanted to be sure you had everything you needed to get started and in the right direction.

Let the games begin!

Remember...

**Sprint Conditioning Workouts 1 – 21** use sprints and bodyweight exercises (of course, you can use the sprint exercise substitutions).

**The Bonus 10 Sprint Conditioning Workouts** are at the end and they use a variety of suspension straps, kettlebells, dumbbells and bodyweight exercises... but all with ZERO-equipment options.

Enjoy all 31 workouts! Have fun and train hard!  
Mike Whitfield, Master CTT

# 21 Sprint & BW Workouts

**Don't forget to read the section on sprint substitutions!**

## **Workout # 1 – Sprint and Burpee Sandwich**

Do the following circuit 3 times, resting as shown:

Sprint (15 secs), rest 1 minute  
Double Burpee (5)  
Burpee/X-Body Mountain Climber Combo (5)  
Burpee/Spiderman Pushup Combo (5), rest 1 minute  
Sprint (15 secs), rest 1 minute

## **Workout # 2 – The 8/12 Addiction**

Do the following for 10 minutes:

Sprint (8 secs), rest 12 secs

After the 10 minutes are up, rest 2 minutes. Then...

Do the following circuit ONE time, resting as shown:

Total Body Extensions (8 secs), rest 12 secs (Do this 6 times) Then...  
Bodysaw (8 secs), rest 12 secs (Do this 6 times) Then...  
Jumping Jacks (8 secs), rest 12 secs (Do this 6 times)

## **Workout # 3 – Push, Sprint and Push**

Do the following circuit 3 times:

Close-Grip Pushups (15)  
Sprint (15 secs), rest 30 secs  
Offset Pushups (8/side)  
Sprint (15 secs), rest 30 secs  
Pushups (15)  
Sprint (15 secs), rest 30 secs

## **Workout # 4 – Hilltop Difficulties**

Find a hill about 30 yards long and do the following circuit ONE time resting as shown:

Sprint up the hill, rest 30 secs, then walk down the hill  
Sprint up the hill, rest 30 secs  
Bodyweight Squats (20), walk down the hill  
Sprint up the hill, rest 1 minute  
Bodyweight Squats (20)  
Spiderman Climb (10/side), walk down the hill  
Spring up the hill, rest 30 secs  
Bodyweight Squats (20)  
Spiderman Climb (10/side)  
Skater Hops (10/side), walk down the hill  
Sprint up the hill

**Indoor option** – for hill sprints, do any of the sprint substitution exercises for 10 seconds followed by 15 seconds of rest.

## **Workout # 5 – Density Sprints**

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes  
Once the 5 minutes are up, rest 1 minute then...

20-yard sprints (as many as possible in 5 minutes)  
Once the 5 minutes are up, rest 1 minute then...

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes

### **Indoor option:**

For shuttle sprints – use Skater Hops

For 20-yard sprints, do any sprint substitution exercise for 10 seconds. Do as many sets as possible.

## **Workout # 6 – Sprinting Gauntlet**

Do the following circuit 4 times, resting as shown

Sprint (15 secs), rest 30 secs  
1-Arm Extended Pushup (15 secs), rest 30 secs  
Sprint (15 secs), rest 30 secs  
X-Body Mountain Climbers (15 secs), rest 30 secs  
Sprint (15 secs), rest 30 secs

## **Workout # 7 – The Hillbilly Supersets**

Find a hill that is 30 yards long

1A) Hill sprints (3) (walking back down is your recovery)

1B) Alternating Diagonal Lunge (15/side)

Rest 1 minute and repeat 2 more times

2A) Hill Sprints (3) (walking back down is your recovery)

2B) T Pushups (6/side)

Rest 1 minute and repeat 2 more times

**Indoor option** – Replace hill sprints with any sprint substitution exercise for 10 seconds followed by 15 seconds of rest

## **Workout # 8 – The Sprinting Monster**

Do the following circuit 6 times, resting as shown:

Sprint (10 secs)

T Pushups (30 secs)

Sprint (10 secs)

Rest 30 secs

Sprint (10 secs)

Prisoner Squats (30 secs)

Sprint (10 secs)

Rest 30 secs



## **Workout # 9 Heart-Pumping Trios**

Find a hill 20-30 yards long

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes, then move into the next circuit.

- 1A) Hill Sprints (2)
- 1B) Explosive Pushup (2)
- 1C) Lunge Jumps (2/side)

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes and move into the last circuit.

- 2A) Total Body Extensions (10)
- 2B) Hill Sprints (2)
- 2C) Mountain Climbers (5/side)

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

- 3A) Hill Sprints (2)
- 3B) Jumping Jacks (10)
- 3C) X-Body Mountain Climbers (5/side)

**Indoor option** – Replace hill sprints with any sprint substitution exercise for 10 seconds followed by 15 seconds of rest.

## **Workout # 10 – 40-Yard Metabolic Dash and Smash**

Sprint (40 yards), rest 1 minute – Do this 8 times, then...

Do the following circuit ONE time

Triple Stop Pushup (12)  
Alternating Lateral Lunge (12/side)  
Spiderman Climb (12/side)  
1-Leg Romanian Deadlift (12/side)  
Rest 1 minute

Sprint (40 yards), rest 1 minute – Do this 4 times

**Indoor option** – Replace the sprint with any sprint substitution exercise for 15 seconds.

## **Workout # 11 – AB-solute Rush**

Do the following circuit ONE time:

Sprint (30 secs), rest 1 minute  
Plank to Triceps Extension (30 secs), rest 1 minute  
Sprint (30 secs), rest 1 minute  
X-Body Mountain Climber (30 secs), rest 1 minute  
Sprint (30 secs), rest 1 minute  
Pushup Plank (30 secs), rest 1 minute  
Sprint (30 secs), rest 1 minute  
Side Plank (30 secs/side), rest 1 minute  
Sprint (30 secs), rest 1 minute  
Bodysaw (30 secs), rest 1 minute  
Sprint (30 secs)

## **Workout # 12 – 20-Minute Conditioning Chaos**

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

Shuttle Sprint (about 10-15 feet apart) (back and forth 4X)  
Burpees (5)  
Sprint (20 yards)  
Alternating Prisoner Reverse Lunge (5/side)  
Shuttle Sprint (back and forth 4X)  
Spiderman Pushups (5/side)  
Sprint (20 yards)  
Skater Hops (5/side)

**Indoor option** – Replace shuttle sprint with Skater Hops (4 reps per side).  
Replace the sprint for 20 yards with any sprint substitution exercise for 10 seconds.

## **Workout # 13 – Half and Half**

Do the following sprint circuit as shown, then move into the next circuit:

Sprint (10 secs), rest 1 minute – Do this 6X  
Sprint (20 secs), rest 1 minute – Do this 4X  
Sprint (30 secs), rest 1 minute - Do this 2X

Then...

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

Jump Squats (6)  
Pushups (15)  
Total Body Extensions (15)

## **Workout # 14 – Sprinting and the 4-Moves Quartet**

Do the following circuit as shown 3 times:

Sprint (20 secs), rest 1 minute – Do this 3X  
TD Lunge (8/side)  
Close-Grip 3/4<sup>th</sup> Rep Pushups (20)  
Skater Hops (15/side)  
Bodyweight Squats (20), rest 1 minute

## **Workout # 15 – A Splash of Sprint**

Do the following circuit 4 times, resting only when needed:

Prisoner Split Squat (10/side)  
Pushup/X-Body Mountain Climber Combo (10)  
Sprint (30 yards)  
Powerlock Pushups (with a 3-second lowering phase) (10)  
Bodyweight Sumo Squat (10)  
Sprint (30 yards)

**Indoor option** – replace the sprint with any sprint substitution exercise for 10 seconds.

## **Workout # 16 – Sprinting the Extension**

Do the following circuit 3 times:

Shuttle Sprints (15 secs), rest 1 minute  
Sprint (15 secs), rest 1 minute  
Shuttle Sprint (15 secs), rest 1 minute  
Sprint (15 secs), rest 1 minute

Then...

Total Body Extensions (100)

**Indoor option** – you can replace shuttle sprints with Skater Hops

## **Workout # 17 – Dirty Dozen**

Find a hill that is about 30 yards long

Do as many hill sprints as possible in 12 minutes. Once the 12 minutes are up, rest 2 minutes and then do the following circuit ONE time resting only when needed:

Switch Lunge (12/side)  
Burpee/X-Body Mountain Climber Combo (12)  
Skater Hops (12/side)  
Decline Pushups (12)  
Alternating Crossover Lunge (12/side)  
Bodysaw (MAX reps)

**Indoor option** – Replace the hill sprints with any sprint substitution exercise for 10 seconds.

## **Workout # 18 – Sprint and Move on the 20's**

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

Note – With the short rest periods, your sprints won't be as dominating, but that's what makes this workout different 😊

Sprint (20 secs)  
Chest Tap Pushup or Pushup (20 secs)  
Rest 20 secs  
Sprint (20 secs)  
Narrow-Stance Bodyweight Squat (20 secs)  
Rest 20 secs  
Sprint (20 secs)  
Spiderman Climb (20 secs)

## **Workout # 19 – Twice the Acceleration**

Do the following circuit as shown:

Sprint (10 secs), rest 1 minute  
Sprint (20 secs), rest 1 minute  
Sprint (30 secs), rest 1 minute, then...

Burpee/Spiderman Pushup Combo (10)  
Walking Lunges (10/side – 20 total)  
Jumping Jacks (30)  
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute  
Sprint (20 secs), rest 1 minute  
Sprint (30 secs), then...

Burpee/Spiderman Pushup Combo (10)  
Walking Lunges (10/side – 20 total)  
Jumping Jacks (30)  
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute  
Sprint (20 secs), rest 1 minute  
Sprint (30 secs)

## **Workout # 20 – Sprinting Density Deuces**

Do the following superset as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and move into the next superset.

1A) Sprint (30 yards)  
1B) Alternating Prisoner Lunge (10/side)

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

2A) Sprint (30 yards)  
2B) Bodyweight Death Crawl (6)

**Indoor option** - replace the sprinting for 30 yards with any sprint substitution exercise for 10 seconds.

## **Workout # 21 – Extreme Conditioning 21**

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

Shuttle Sprints (20 secs)  
Broad Jump (aka Long Jump) (10)  
Sprint (20 secs)  
Triple Pushup (30) (10 Decline Pushups, 10 Close-Grip Pushups, 10 Pushups)  
Shuttle Sprints (20 secs)  
Jumping Jacks (30)  
Sprint (20 secs)  
Alternating Prisoner Reverse Lunge (15/side)  
Shuttle Sprint (20 secs)  
Mountain Climbers (15/side)  
Sprint (20 secs)  
Bodyweight Squat (20)  
Shuttle Sprint (20 secs)  
T Pushups (8/side)  
Sprint (20 secs)  
X-Body Mountain Climbers (15/side)  
Shuttle Sprint (20 secs)  
Total Body Extensions (20)  
Sprint (20 secs)  
Bodyweight Triple Squat (20)  
Shuttle Sprint (20 secs)

**Indoor option** – replace the shuttle sprint with Skater Hops

# Hybrid Sprint Workouts

## Hybrid workout # 1 – Sprint and Swing

Find a hill about 30 yards long

Do the following circuit ONE time, resting as shown:

Hill Sprints (5) – recovery is walking down the hill

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (4)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (3)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (2)

KB or DB Swings (30)

Rest 1 minute

Hill Sprint (1)

KB or DB Swings (30)

**Indoor option** – replace hill sprints with any sprinting exercise substitution for 10 seconds followed by 15 seconds of rest.

Replace KB Swings with Total Body Extensions

## Hybrid Workout # 2 – Your Way on the 30's

Do the following in any manner you choose and rest when needed. For example, you can do 1 sprint followed by 10 bodyweight squats, then 10 swings, etc.

Sprints (30 yards) (12)

Renegade Row (30/side) or Single Arm Strap Row (30/side)

Lunge Jumps (30/side)

1-Arm KB or DB Swings (30/side)

### **Indoor option:**

Replace 30-yard sprints with any sprinting exercise substitution for 10 seconds

Replace Renegade Rows with Bodyweight Renegade Rows

Replace 1-Arm KB Swings with Total Body Extensions (moderate pace - 60 total)



### **Hybrid Workout # 3 – Snatch and Run**

Do the following supersets as shown:

1A) KB or DB Snatch (15/side)  
1B) Shuttle Sprint (15 secs)  
Rest 1 minute and repeat 2 more times, then...

2A) Goblet Squat (20)  
2B) Sprint (15 secs)  
Rest 1 minute and repeat 2 more times, then...

3A) Renegade Pushups, Suspended Pushups, or Regular Pushups (15-25)  
3B) Shuttle Sprint (15 secs)  
Rest 1 minute and repeat 2 more times

#### **Indoor option:**

Replace the KB/DB Snatch with 30 Jumping Jacks  
Replace Shuttle Sprint with Skater Hops  
Replace Goblet Squat with Bodyweight Squats

### **Hybrid Workout # 4 – Hybrid Density**

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

Sprint (40 yards)  
1-Arm DB Squat & Press (15/side)  
Shuttle Sprint (back and forth 6X)  
Goblet Switch Lunge (10/side)  
Sprint (40 yards)  
X-Body Mountain Climber (20/side)

#### **Indoor option:**

Replace the 40-yard sprint with any sprinting exercise substitution for 15 seconds  
Replace 1-Arm DB Squat and Press with Y-Squat (30 reps)  
Replace Goblet Switch Lunge with Bodyweight Switch Lunge

## **Hybrid Workout # 5 – Runnin’ through the Javelin Gauntlet**

Do the following circuit 3 times, resting as shown:

Javelin Reverse Lunge (10/side)  
Jump Rope (30 secs) or Jumping Jacks (30 secs)  
Sprint (30 secs)  
Rest 1 minute  
Javelin Forward Lunge (10/side)  
Skater Hops (30 secs)  
Sprint (30 secs)  
Rest 1 minute

### **Indoor option:**

Replace Javelin Reverse Lunge with TD Reverse Lunge  
Replace Javelin Forward Lunge with TD Lunge

## **Hybrid Workout # 6 – 20-10 Revolution and Sprints**

Do the following circuit as shown. So you’ll start with the Goblet Jump Squat for 20 seconds, followed by rest 10 seconds and then do that 3 more time for a total of 4 rounds. Then you’ll proceed to the next exercise, etc. etc....

Goblet Jump Squat (20 secs), rest 10 secs – 4X  
T Pushups (20 secs), rest 10 secs – 4X  
Strap Row, 2-Arm DB Row or Bodyweight Row (20 secs), rest 10 secs – 6X  
KB or DB Swings (20 secs), rest 10 secs – 6X  
Rest 1 minute and then...

Sprint (10 secs), rest 20 secs – 8X

### **Indoor option:**

Replace Goblet Jump Squat with Jump Squats  
Replace KB Swings with Total Body Extensions

## **Hybrid Workout # 7 – Strap to Sprint**

1A) 1-Leg Assisted Squat or Split Squat (15/side)

1B) Strap Ab Fall out or Inchworm (15)

1C) Shuttle Sprint (20 secs)

Rest 1 minute and repeat ONE more time

2A) Strap Squat and Row (15) or BW Squat (15) followed by Bodyweight Row (15)

2B) Strap X-Body Mountain Climber or X-Body Mountain Climber (15/side)

2C) Sprint (20 secs)

Rest 1 minute and repeat ONE more time

3) Shuttle Sprint (20 secs)

Rest 1 minute and repeat 5 more times

### **Indoor option:**

Replace shuttle sprint with Skater Hops

## **Hybrid Workout # 8 – Sprinting to Death**

Find a hill that is about 30 yards.

Complete 12 hill sprints and rest as needed. Once you complete 12 sprints, rest 1 minute and proceed to:

Death Crawl or Bodyweight Death Crawl (5)

Rest 30 secs and repeat 3 more times

**Indoor Option** – replace the hill sprints with any sprint exercise substitution for 10 seconds (remember – go HARD!).

## **Hybrid Workout # 9 – Density Hybrid Circuit Super**

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and proceed to the second circuit.

- 1A) Strap Spiderman Pushup or Spiderman Pushup (4/side)
- 1B) Sprint (20 yards)
- 1C) Strap Jackknife or Squat Thrust (8)
- 1D) Sprint (20 yards)
- 1E) Bodyweight Triple Squat (8)
- 1F) Sprint (20 yards)

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

- 2A) Shuttle Sprint (back and forth 4X)
- 2B) KB or DB Swings (15)

### **Indoor option:**

Replace the sprint for 20 yards with any sprinting exercise substitution for 10 seconds.

Replace the KB/DB Swings with Total Body Extensions

## **Hybrid Workout # 10 – Snatch, Sprint and Repeat**

- KB or DB Snatch (10/side)
- Sprint (30 secs)
- Rest 1 minute and repeat 5 more times

Note – you can replace the Snatch with Total Body Extensions or Jumping Jacks (20 reps)

# Exercise Library

(Exercises are in alphabetical order)

## **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.

## **1-Arm DB Squat & Press**

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



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## **1- Arm Extended Pushup (aka 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.



## 1-Arm KB or DB Swings

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



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## 1-Arm Strap Inverted Row

- Grab the strap with one hand and take 2 steps backward. Lean back and rest the weight on heels.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.
- Do all reps on one side and then switch



## 1-Leg Assisted Squat

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



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## 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.



## 2-Arm DB Row

- Hold a dumbbell in each hand with a neutral or overhand grip
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



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## Alternating Crossover Lunge

- Stand with your feet about shoulder width apart.
- 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.





## Alternating Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



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## Alternating Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbells at your side (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.



## 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.



## 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.



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## 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 Death Crawl

- Start in a push-up position.
- Do four Superman push-ups by extending one arm out after doing a pushup – alternate sides (2/side)
- Now, do a walking plank, moving forward several feet by lifting your hands and your feet, and taking tiny steps like an alligator crawl – take 2 steps per side. (Remain in the up position of the push-up.)
- Stand up and do a jump squat.
- Drop down and repeat the sequence.



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## Bodyweight Renegade Row

- Assume the pushup position with your arms fully extended.
- Keep your abs braced
- Complete a row by bringing up your hand towards your abs.
- Alternate sides and repeat



## 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



## 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.



## Bodyweight Sumo Squat

- Stand with your feet wide and your toes slightly angled out.
- Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.
- Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.



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## Bodyweight Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- 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 back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep.



## Bodyweight Triple 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”.
- Go just 1/4<sup>th</sup> of the way down and hold this position for one second.
- Then go halfway down and hold this position for one second.
- Finally, squat as deep as possible, but keep your low back tensed in a neutral position and hold this position for one second.
- 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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## Broad Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat as necessary



## 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



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## Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.





## 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.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



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## Chest Tap 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.
- Explosively push through your chest, shoulders and triceps with enough momentum to tap your chest.
- Drop back into another pushup and repeat.
- Keep your abs braced throughout the movement.



## Close-Grip 3/4<sup>th</sup> 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



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## 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.



## 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.



## 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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## Double Burpee

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



## Explosive Pushups (AKA Plyo Pushups)

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



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## Goblet Jump Squat

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back while holding a dumbbell or kettlebell at chest height.
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



## 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.



## 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



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## 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.



## Javelin Forward Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step forwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step forward with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.



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## Javelin Reverse Lunge

- Stand with your feet just outside shoulder width apart holding a pair of dumbbells.
- Take a big step backwards with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- At the same time press the dumbbell up by extending the arm of the same side you step back with.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg and bring the dumbbell back down under control.





## 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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## 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



## KB or DB Snatch

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- Make sure to watch the video for this one.



## KB or 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.



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## 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.



## 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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## 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.



## 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.



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## 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.



## 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.



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## Powerlock 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.



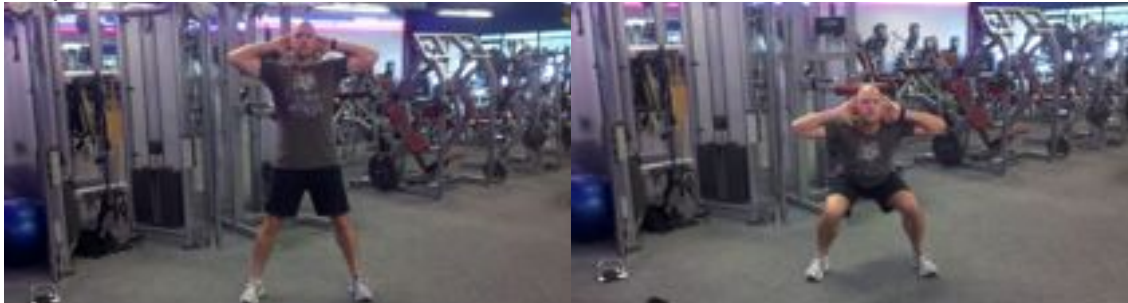
## Prisoner Split Squat

- Stand with your feet shoulder-width apart with your hands behind your head squeezing your shoulder blades together.
- 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.
- Be sure to maintain your elbows back and keep your shoulder blades squeezed together during the whole movement.



## 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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## 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.





## 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



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## Pushup/X-Body Mountain Climber Combo

- Start in the pushup position and your abs braced.
- Perform a pushup by lowering yourself to the ground, keeping a straight line with your body.
- Push through your hands back to the starting position.
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your body in a straight line. Repeat for the other side.
- That's one rep – repeat as necessary.



## Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



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## Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



## Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



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## 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.



## 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.



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## 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.



## 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.



## 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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## 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



## Strap Ab Fall out

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



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## Strap Jackknife

- Brace your abs. Put your hands on the floor and put your feet in the straps.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest contracting your abs and pulling your feet forward.
- Return to the starting position.



## Strap 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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## Strap Spiderman Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your feet in the straps.
- Slowly lower yourself down until your chest is at strap level.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.





## Strap Squat and Row

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



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## Strap X-Body Mountain Climber

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



## Suspended Pushup

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



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## Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- 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 back to the starting position.
- With the OTHER leg, perform a reverse lunge.
- That's one rep; repeat for all reps and then switch legs



## 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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## TD 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.



## 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.



## 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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## 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.



## 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.



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## 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.



## 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.



# Resources

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get ripped without ANY long, boring cardio

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

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

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



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

**I Have Lost Over 50 lbs and 15% Body Fat**



**“ He had a fresh approach to training”- Robin**