



## Ultimate Workout Finishers

Below are 5 at-home workouts that you can do anywhere, anytime!  
All the workouts are designed to take 15-20 minutes and will burn fat  
long after the workout has ended.

### How to use:

- Insert business logo on this page if re-branding this guide to send out as-is
- Customize all highlighted areas
- Record and upload your own video links demonstrating each workout (optional)
- Save as pdf before distributing

**Disclaimer:** Not all exercise programs are suitable for everyone. Check with your doctor before beginning any fitness program to avoid/reduce the risk of injury. Perform these exercises at your own risk. [Business name] will not be responsible or liable for any injury sustained as a result of using any fitness program presented in this document.

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## What Are Finishers?

This manual equips you with some of the most fat-blasting finisher routines you're ever likely to find. Yet... I'm sure many of you are still a little curious about what a finisher is. Why are finishers so beneficial?

In short, finishers are short (less than 10 minutes, and often shorter than that) exercise routines that you perform after your workout is already over. As a high-intensity, short-duration routine coming after you've already completed a full workout program, finishers are a great way to push yourself to your absolute limit. These workouts will test your ability to persevere through the end like nothing you've ever tried.

### Benefits of Finishers

But now I bet you're wondering, "What are the benefits of using a finisher program? Why don't I just keep doing my workout plan?"

Utilizing a finisher program adds a metabolic element to your workouts. By challenging you to perform at a high intensity for such a short duration, finishers rev up your metabolism to help your body burn fat better and longer.

In just 5-10 minutes, you can put your muscles under great demand, challenging them to respond in a big way. This high-intensity activity in a short burst speeds up your calorie burn—and keeps it going well beyond what traditional workouts do.

As a result, finishers allow you to burn fat rapidly without sacrificing any increases in lean muscle mass.

In fact, finishers will help you **build up** your lean muscle mass, allowing you to work on any part of your body (depending on which finisher routine you do) and get the results you crave in no time at all!

Additionally, as someone who knows what it's like to be busy and short on gym time, you know that you're always looking for a way to burn as much fat as you can in as little time as possible. One of the greatest benefits of adding a finisher routine to the end of a workout is that it's easily the best way to maximize your calorie burn in as short a time as you can.

### What Finishers Can Do for You

Finishers add so much to your workout routine. While your main workout program should consist of primarily strength training exercises, finishers will inject other types of workouts into your overall routine.

Finishers are great for so many things, including:

- Accelerating fat loss
- Improving athleticism, strength, and conditioning
- Replacing traditional “cardio”
- Short off-day activity for extra fat-burn
- Increasing your work capacity and overall fitness
- Building mental strength
- Killing workout boredom
- And more!

As you can see, they create variety without sacrificing quality. You’ll never get bored with including a finishers routine at the end of your workouts—especially once you notice the fat burning off your body!

Are finishers fun? If you’re a masochist, definitely. But even if you’re just someone who wants to feel like you’ve put everything you have into your workout, you’ll walk away more satisfied than ever before if you add just a short 5-10 minute finisher at the end.

## How to Use Finishers

Now that you know how awesome finishers are and all the amazing things they could be used for, you are probably wondering, “Why don’t I just do finishers all the time? Why can’t I just be ‘finishing’ throughout my entire workout?”

That’s a valid question, and if you have a metabolic training program designed correctly, you CAN include much more finisher-type exercises in your workouts. However, the risk of burning out is much higher, as is beating yourself down and not getting enough recovery.

You see, these finishers are INTENSE. They require plenty of focus, and they make you work for their benefits. But don’t get scared away just yet...

The key to their success as a “finisher” to a workout is that they are only 5-10 minutes long, meaning you should have no trouble getting through them. In fact, if you find yourself dreading

the finisher, you are probably doing too much during your workouts or your program is just too difficult overall.

**If you ever need help designing a training program for yourself, [Business name] is more than happy to help!**

The best way to use these finishers on your own is to choose one routine and add it to the end of your workout. Don't add more than 1 to a given workout because you increase the risk of breaking down, getting injured, and not enjoying your workouts.

The first week, just add these exercises to 1 workout during the week. After a few weeks, you'll likely feel stronger and much more able to handle increased volume. At that point, you can add finishers to a second workout during the week. Just be careful about doing too much too quickly!

Finally, you will want to switch up the finishers you choose to keep the variety high and your workouts interesting. You will likely find a favorite—and a least favorite—and that is fine! But keep your workouts varied to force your body to continue adapting and shedding the fat.

### **One Last Thing...**

If you have any questions about how to add these exercises into your specific workout plan, don't hesitate to contact us! We would love to help you accelerate your results and reach your fitness and health goals in any way we can.

[Business name] can be reached at [email address] or by calling [number].

Enjoy the pursuit of your fitness goals!

Now, onto the finishers!

# Ultimate Belly-Blasting Finishers

## Equipment Needed

Many of these exercises require only body weight to complete. However, a few require more equipment to challenge yourself properly. Some examples include:

- Stability Ball
- Medicine Balls
- Kettlebells
- Dumbbells
- Resistance Bands
- Low Aerobic Step

If you lack any of the required equipment, choose a different exercise.

## Rules of the Game

Just like any workout program, these finishers have “rules” that, when followed, will maximize the effect of your finisher routine.

- Focus on shoulders and hips: These are the metabolic engines of the body
- Focus on low-threshold movements (i.e., movements and exercises that are not very technical to complete): Adding technical difficulty on top of fatigue promotes injury
- Focus on high intensity: Remember, these are meant to be short but intense; if you’re able to hold a conversation during these, you’re not going hard enough!

## The Finishers

These exercises are separated into 5 groups: One and Done; Down and Back; No Space, No Equipment, No Problem; Density Sets; and Recovery Finishers. Read the description of each group to get a sense for what would suit you best on a given day.

If you don't know how to do an exercise, contact [Business name] at [email].

### One and Done

One movement. Just set the timer and go! These are great ways to focus on specific energy pathways (alactic, lactic, or aerobic) and overall conditioning.

- **Bear Crawl for 8 minutes**

This is one of the most challenging ones out there. You probably won't start to feel it until the halfway point; then you'll REALLY feel it! Go as far as you can in one direction before turning around and heading back.

- **10 KB Swings on the minute for 6–12 minutes**

Start the timer and complete 10 KB swings. Rest until 1 minute total is up. Finish your next set of 10 KB swings, and rest until 2 minutes have passed. Repeat for 6–12 minutes, depending on how you feel.

- **12 Burpees on the minute for 8 minutes**

Similar to the KB swings, start your timer and complete 12 burpees. You have until 1 minute has passed to rest, at which point you start your second set of 12 burpees. Repeat for 8 minutes.

- **100m Sprint on the minute for 8 minutes.**

This will be a challenge for even the most fit athlete, if the sprints are run fast enough. If you are just beginning, do 50m runs at 80% of your top speed. Gradually build up with each successive workout, and in no time, you will be faster—and more in shape—than you have been in a long time!



## Down and Back

Don't have a watch? No problem! These finishers are distance-based and provide a nice mix-up to mainly time-based finishers. You can literally "see" your progress as you move through the workout.

- **5 Rounds of:**

- Broad Jump 10 yards
- Bear Crawl 10 yards
- Sprint 20 yards
- Rest 60 seconds, or until you have just caught your breath

\*This complex is best done outside, where you have plenty of space. A track is ideal, but a park or field works great. Take 10 long strides to measure out 10 yards.

- **3 Rounds of:**

- Side Shuffle (resistance band around knees) x20yds ea
- KB Swings x20
- Rest until heart rate recovers below 120 (or until you catch your breath)

\*This complex mixes resistance band training with KB training and works hip mobility and hip strength, two very important areas for injury prevention.

- **3 Rounds of:**

- Side Shuffle (resistance band around knees) x20yds ea
- KB Swings x20
- Rest until heart rate recovers below 120 (or until you catch your breath)

\*You do not need too much space for this complex, and it can be done indoors. Use a weight that is challenging for the single arm press in the first exercise.

- **6 Rounds of:**

- Backwards Bear Crawl x 10 yards
- Walking Single Leg RDL (add weight as necessary) x 10 yards

\*This is a versatile complex that can be done entirely with your bodyweight. However, adding weight to the walking single leg RDL can increase the challenge and increase the muscle-building effects of this finisher.

- **3 minute density set of:**

- Bear Crawl x 20 yards

- Walking Lunges x 20 yards

\*Another bodyweight complex that is both simple and challenging! One of the most effective full-body routines available.

- **5 Rounds of:**

- KB Swings x 10 to Sprint x 20 yards
- Rest 60s

\*Any complex that includes sprinting will work your body in hugely beneficial ways. You'll be amazed at how efficient this routine builds you up—and how sore you can get from very basic, fundamental movements!

## **No Space, No Equipment, No Problem**

All you need is enough space for a small closet, and you can get these ones done in a hurry. No equipment necessary! These are some of my go-to's on the road or if I've already lifted heavy that day.

- **Multi-Planar Leg Matrix: 12ea of:**

- Stagger Squats
- Lateral Lunges
- Skater Jumps
- Stagger Stance Skier Swing + Jump

\*Don't be fooled by the simplicity of this workout! The combination of squats, lunges, and jumps will rev up your metabolic engine all while training your legs to move in different planes of motion. You might discover muscles you didn't think you had! Repeat for up to 3 sets.

- **20s/20s/20s of:**

- Bear Crawl - forward 4 steps, backward 4 steps
- Crab Walk - forward 4 steps, backward 4 steps
- Inchworm to Push Up

\*Repeat for up to 5 sets. These exercises will challenge you in basic functional ways that we hardly ever do in a typical Western life. Build your mobility and functional movement patterns while urging your muscles to burn more fat.

- **Escalating Superset: 20s on / 10s off of:**

- Split Jumps (right), Split Jumps (left), Forward Lunge to Reverse Lunge (right), Forward Lunge to Reverse Lunge (left)
- Plank, Plank Jacks, Two-Point Plank (right), Two-Point Plank (left)

\*Perform split jumps on your right leg, then rest, then perform a plank, then rest. Next, move on to split jumps on your left leg, then rest, then do plank jacks, and again rest. Continue with 20s on and 10s off for the remainder of the exercises.

- **Train Like a Champ - 60s on / 30s off of:**

- Fake Jump Rope (or real if you have one)
- Side to Side Low Box Runners
- Run in Place
- Shadow Box

\*Train like Rocky to beat your fitness into submission. Put on “Eye of the Tiger” while performing the exercises, and you’ll be ready to take on Ivan Drago in no time.

- **30s on / 15s off of:**

- Wall Sit
- Bear Crawl
- BW Skier Swing
- Towel Hip Turn Iso Hold
- Eccentric Push Up (5s down)

\*You’ll only have to go through this once to feel the total-body burn, but feel free to run through this more often if desired!

## **Density Sets**

Don’t have a lot of time? Density sets are a great way to get a lot of work in fast. You can track progress over time by tracking how many rounds you are able to complete in the given time period.

Simply switch between the movements/exercises as indicated until the target time is reached. We like to keep our density sets brief (5-8 minutes) at the end of a workout, but if you bump any of these up to 8-20 minutes, they could easily stand on their own.

- **5 minute density set of:**

- Push Up Plank Diagonals x 8ea
- Stagger Stance Squat x 8ea

\*You can put in a ton of work here and feel drained after just these two exercises because they challenge almost your entire body. Moderate your pace to last the entire 5 minutes.

- **3 minute Handstand Hold Against the Wall. Each time you rest, do 15 hollow body rocks.**

\*While a handstand hold might not sound difficult, it certainly is! Including the body rocks between bouts of handstands works your core in a different way.

- **4 minute density set of:**
  - SA Clean to Push Press (left)
  - SA Clean to Push Press (right)

\*While simple (just one exercise on each arm), this movement is one of the best for your entire body. Use either DBs or KBs, and get ready to feel the burn!

- **Crazy 8's - 8 minute density set of:**
  - BW Rotational Squat x 8 ea
  - Deadbug x 8 ea
  - RS Hard Roll x 8 ea

\*These exercises will work your core and rotational stability at the same time that they deliver a metabolic kick.

- **5 minute density set of:**
  - Split Stance Jump to Bilateral Landing x5ea
  - Band-Resisted Push Up x5

\*Jumps and band-resisted pushups will rev up your metabolism like no other! You might have to catch your breath in the middle of this one. The best strategy is to moderate your pace to be able to finish strong.

## **Recovery Finishers**

Sometimes after a workout, you're just spent. These finishers, while still challenging, will help open up your hips and shoulders and speed up your recovery to get you ready for tomorrow.

- **5 minutes Bottom Squat Position (use counterbalance as necessary), 5 Minutes hang from bar**

\*This is a great recovery finisher that is also challenging. Also, it is extremely simple: Just get in the bottom of a squat position and stay, and hang from a bar. It builds

concentration and endurance, but it also works on your mobility and stability for future sessions.

- **60s on / 15s off for 2 rounds of:**
  - Wall Squat + Shoulder External Rotation
  - Eccentric Push Up (3s) to Prone T

\*Eccentric exercises are the best for building strength, and isometric exercises can create plenty of muscle tension that leads to gains in your lean mass. Plus, they burn a ton of calories, so get ready for that fat-burning boost!

- **40s on / 20s off for 3 rounds of:**
  - Stability Ball Stir the Pot
  - 3D Band Pull-apart

\*Stability ball exercises challenge your core to build strength and stability, and band pull-aparts train your often-neglected back musculature. This finisher routine combines the best of both worlds!

- **60s on / 10s off for 2 rounds of:**
  - T-Rotation + 5s Iso Hold
  - Glute Bridge Iso Hold + Foam Roller Between Knees
  - Alternating Forward Lunge + 5s Iso Hold

\*Again, you are mixing mobility with targeted strength building in key areas that are often neglected. This routine will leave you feeling much more limber and injury-prone than you felt at the beginning of the day.

- **40s on / 20s off for 4 rounds of:**
  - Marching Glute Bridge
  - Side Plank + Knee Tuck

\*Your glutes are easily one of the most important and underused muscle groups in your body, as they stabilize your hip region and are recruited in everything from standing and walking to sprinting and cutting. Unfortunately, we are often quad-dominant and can't appropriately use our glutes. The obliques, too, play an important role in proper muscle balance.

# **BONUS! Nutrition Tips to Accelerate Your Results!**

While these finishers certainly can accelerate your fat loss results, you will want to clean up another very important area of your health and lifestyle in order to ensure results. One of the best ways to make a dramatic impact on your health and overall body composition is by changing up a few things in your nutrition.

1. Eat lots of fruits and veggies, with the emphasis on veggies. The fruits and vegetables will provide you with the vitamins and minerals needed to support your hard-working body and will also provide you with some much needed fiber.
2. Choose whole protein sources with every meal. This will speed up your recovery and promote a boosted metabolism. The most wholesome choices include meats, poultry, fish, cheese, dairy, and eggs; less complete proteins include beans, nuts, and whole grains.
3. If you choose to eat grains, stick to whole, unprocessed grains with lots of fiber. Good grain choices include Ezekiel bread, quinoa, and sweet potatoes.
4. Eat a few servings of salmon or other cold-water fish each week. When planning your meals, be sure to include 2-3 servings of fresh, wild-caught salmon or other cold-water fish. It will provide you with a healthy dose of protein and omega-3 fatty acids, which are vital for recovery, reducing inflammation, and promoting overall wellness.
5. Include a fish oil or krill oil supplement in your diet. You can read more on this [here](#):