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STRAP FINISHERS

FINISH ANY WORKOUT WITH THESE STRAP GRAND FINALES



MIKE WHITFIELD, CTT

Strap Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

TRX, Jungle Gyms, just plain ole' straps... whatever you have, you know they rock. And you also know that when you do use them, you work your core harder without any back-breaking crunches or sit-ups.

But what happens when you combine the power of metabolic finishers and the fat-incinerating effects of using straps?

Strap finishers... baby. In this Workout Finishers first, you'll discover unique metabolic finishers using straps and even a few advanced bodyweight exercises to bust a plateau in the face and shock your body into fat loss mode.

Your belly fat doesn't stand a chance using these finishers with your workouts and end it with an ab-shredding workout grand finale. Or you can use these as a fast workout when you're tight on time.

Have fun with the Jumping Spider, the Metabolic Strap Stew and more. Work your abs harder and shred stubborn fat, all without long, boring cardio.

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

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

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

www.facebook.com/WorkoutFinishers - Find me on Facebook

Strap Finishers

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.

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.



Strap Finishers

Things to Remember

- 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.

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 (10)

1B) Push-ups (10)

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

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, 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 finisher:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

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

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 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.

Strap Finishers

Finisher # 1 **“The Jumping Inverter”**

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

- 1A) Jump Squat (5)
- 1B) Strap Inverted Row (10)
- 1C) Strap X-Body Mountain Climbers (10/side)

Finisher # 2 **“The Suspended Torcher”**

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

- 1A) Strap Assisted 1-Leg Squat (15/side)
- 1B) Strap “Y” (20)
- 1C) Strap Pushups (20)
- 1D) Total Body Extensions (50)

Finisher # 3 **“The Jumping Spider”**

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

- 1A) Strap Bulgarian Jump Squat (8/side)
- 1B) Strap Spiderman Pushup (8/side)

Strap Finishers

Finisher # 4 **“The Row and Burp Countdown”**

Do the following superset, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) 1-Arm Strap Inverted Row (8/side, 7/side, ... 1/side)
- 1B) Strap X-Body Mountain Climber (8/side, 7/side...1/side)

Finisher # 5 **“Fried Legs and Core”**

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

- 1A) Strap Bulgarian Split Squat (5/side)
- 1B) Strap Jackknife (10)

Finisher # 6 **“Strap on for the Metabolic Tens Trail”**

Do the following circuit 4 times, resting for 20 seconds between circuits:

- 1A) Strap Inverted Row (10)
- 1B) Strap Triple Stop Pushup (10)
- 1C) TRX Leg Curl (10)
- 1D) Strap Ab Fallout (10)

Strap Finishers

Finisher # 7 **“7th Heaven”**

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

- 1A) Jump Squat and Strap Row Combo (7)
- 1B) *Eccentric Strap Ab Fallout (3) (7-second eccentric)
- 1C) Skater Hops (7/side)
- 1D) Strap Spiderman Pushup Plank (17 secs/side)

* Take 7 seconds to return to the starting position.

Finisher # 8 **“Strap and Shuttle”**

Do the following superset 3 times, resting for 20 seconds between supersets.

- 1A) Shuttle Sprint (back and forth 6 times)
- 1B) Plank w/Feet in Straps (30 seconds)

Finisher # 9 **“The Explosive Swing and Strap”**

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

- 1A) Strap Inverted Row w/Feet Elevated (6...1)
- 1B) Strap Bulgarian Split Squat (6/side...1/side)
- 1C) Strap Pushups (6...1)

Strap Finishers

Finisher # 10 **“Strapping Cardio”**

Do the following superset as many times as possible in 3 minutes, resting only when needed.

- 1A) Strap Reverse Fly (3)
- 1B) Strap Jackknife (3)

Finisher # 11 **“The Suspended 2-Part”**

Do the following circuit ONCE, resting only when needed. Then, rest for 30 seconds and proceed to circuit 2

- 1A) Strap Squat and Row (20)
- 1B) Strap Close-Grip Pushups (20)
- 1C) Run in Place (1 minute)

Circuit 2

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

- 2A) Strap Assisted 1-Legged Jump Squat (10/side)
- 2B) Strap X-Body Mountain Climber (10/side)
- 2C) Punch/Kick Combo (15)

Finisher # 12 **“The 4-Way Strap Density Circuit”**

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Warning – your abs will get hit hard on this one. The ultimate combination of bodyweight exercises and strap exercises.

- 1A) Prisoner Lunge Jumps (4/side)
- 1B) Strap Jackknife Pushups (4)
- 1C) Burpees (4)
- 1D) Strap Ab Pike (4)

* Hold the bottom position of each squat for 3 seconds.

Strap Finishers

Exercise Library (Exercises are in order of appearance)

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.

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.



Strap Finishers

Finishers 1-4

Strap Inverted 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.



Strap 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 chest straight ahead.
- Be sure not to let your hips sag.
- Return to the starting position and repeat with the other side.

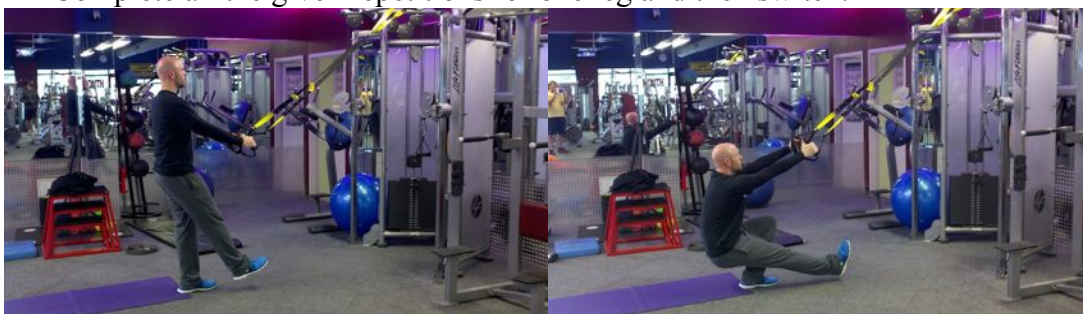


Strap Finishers

Finishers 1-4

Strap-Assisted 1-Leg 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.



Strap “Y”

- Put your hands in the strap handles in front of you.
- Maintaining a straight line with your body, pull the handles and form a “Y”, while squeezing your shoulder blades together.
- Keep your abs braced.
- Slowly return to the starting position.

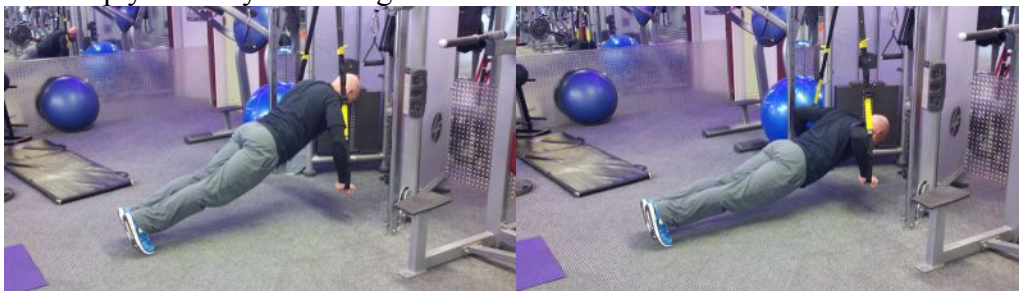


Strap Finishers

Finishers 1-4

Strap 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.



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.**



Strap Finishers

Finishers 1-4

Strap Bulgarian Jump Squat

- Stand with your feet shoulder-width apart.
- Place one foot on in the strap behind you. 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 up to the upright position.
- Stay in a split-squat stance and perform all reps for one leg and then switch.

NOTE – This is an advanced exercise. If you're not coordinated enough, simply perform a Strap Bulgarian Split Squat!



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 Finishers

Finishers 1-4

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



Strap X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position with your hands in straps.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee upon 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.



Strap Finishers

Finishers 5-8

Strap Vulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place one foot on in the strap behind you. 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.



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.



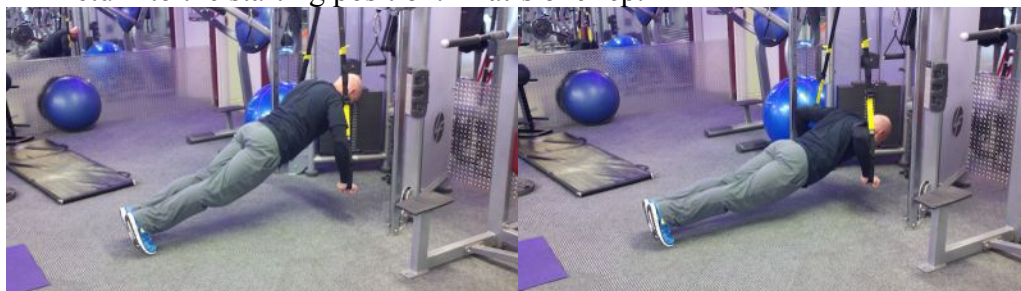
Strap Finishers

Finishers 5-8

Strap Inverted Row (see above)

Strap 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 holding the straps.
- 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.



Strap Leg Curl

- Lie on your back with your feet in the straps in front of you.
- Brace your abs, and contract your glutes as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl your feet back towards your hips while keeping your hips bridged.
- Pause and slowly return to the start position while keeping the hips bridged.

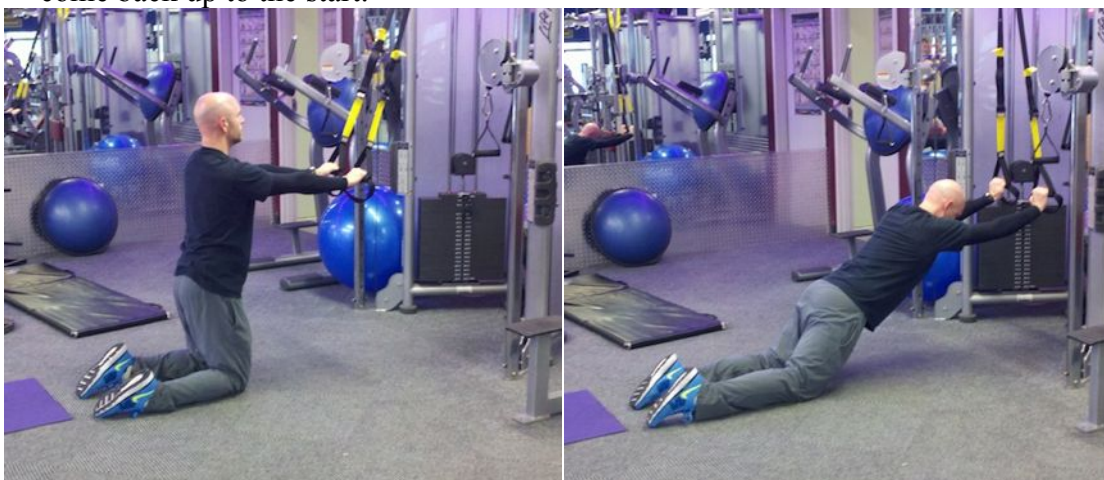


Strap Finishers

Finishers 5-8

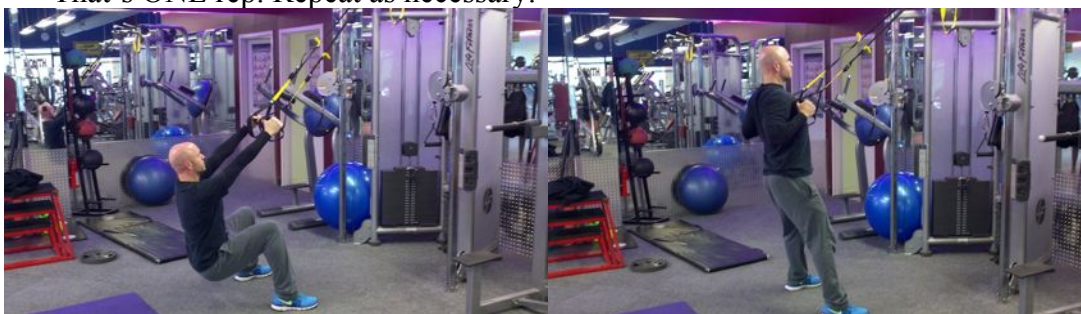
Strap Ab Fallout

- 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.



Jump Squat and Strap Row Combo

- 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, hips and glutes, jump up in the air and land in the squat position. Then, as you stand up, perform a strap row by pulling the handles in towards your sides and squeezing your shoulder blades together.
- That's ONE rep. Repeat as necessary.

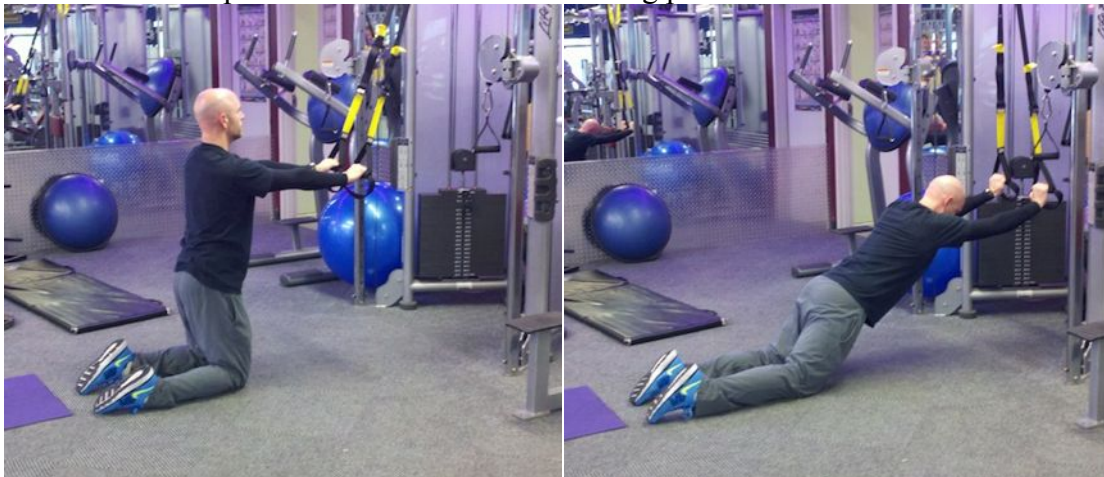


Strap Finishers

Finishers 5-8

Eccentric Strap Ab Fallout

- 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.
- Take the time prescribed to return 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.



Strap Finishers

Finishers 5-8

Strap Spiderman Pushup Plank

- 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 a few inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Hold this bottom position for the time 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.



Suicide Drill (aka 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



Strap Finishers

Finishers 5-8

Plank with Feet in Straps

- Place your feet in the straps and your elbows on the ground
- Maintaining a straight line with your body, keep your abs braced and hold this position as prescribed.
- Do not let your hips sag.



Strap Finishers

Finishers 9-12

Strap Inverted Row with Feet Elevated

- Put your feet on a stability ball or bench and grab the TRX or Strap handles with a narrow grip
- Keeping your abs braced, pull yourself up by pulling on the straps
- Maintain a straight line with your body
- Slowly lower yourself back down and repeat.



Strap Bulgarian Split Squat (see above)

Strap Pushups (see above)

TRX Reverse Fly

- Put your hands in the strap handles in front of you.
- Maintaining a straight line with your body, pull the handles and form a “T” while bringing your arms back and squeezing your shoulder blades together.
- Keep your abs braced. Slowly lower to the starting position.



Strap Finishers

Finishers 9-12

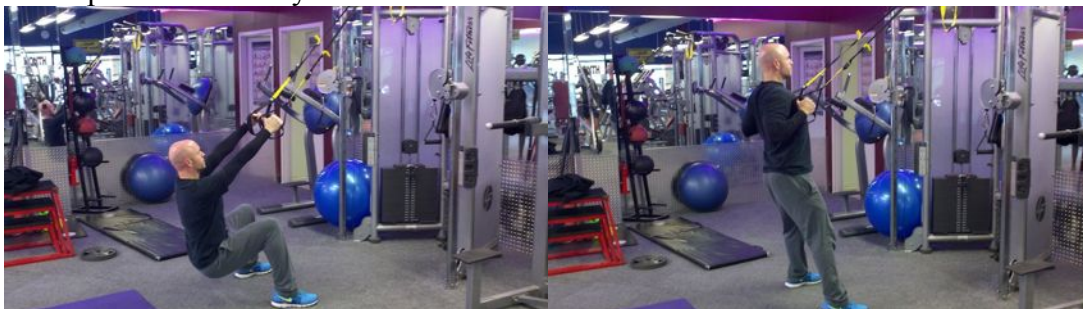
Strap Jackknife

- 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 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.

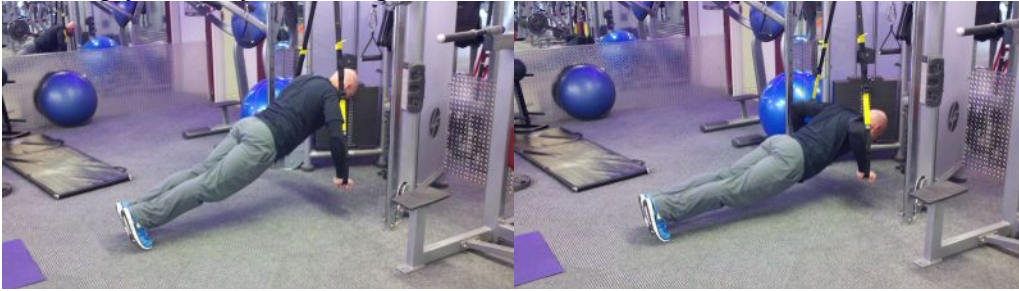


Strap Finishers

Finishers 9-12

Strap Close-Grip 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.
- As you bring yourself down, try to move your hands to inside shoulder width apart.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.

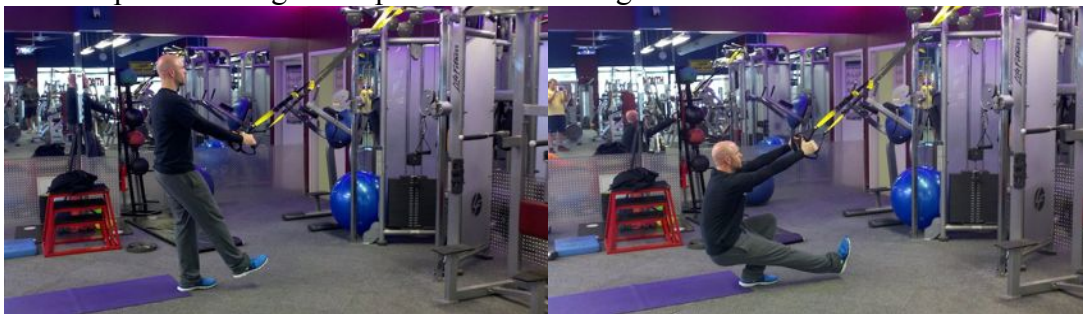


Strap Finishers

Finishers 9-12

Strap-Assisted 1-Legged Jump 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.
- Jump with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



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 chest straight ahead.
- Be sure not to let your hips sag.
- Return to the starting position and repeat with the other side.



Strap Finishers

Finishers 9-12

Punch-Kick Combo

- Stand with feet hip-width apart and knees slightly bent.
- Throw a jab with your weak arm.
- Throw a jab with your strong arm.
- Kick with your weak-arm side leg.
- Kick with your strong-arm side leg.
- Repeat as prescribed.



Strap Finishers

Finishers 9-12

Prisoner Lunge Jumps

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides



Strap Jackknife Pushup

- 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.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Strap Finishers

Finishers 9-12

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.



Strap Ab Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- 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, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.



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

- ✓ 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