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THE
ULTIMATE
GUIDE TO
TT METABOLIC
RESISTANCE
TRAINING

*...including Today's
Hottest Interval
Training Workouts -
Metabolic Finishers*

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Contents

Metabolic Resistance Training.....	3
MRT Workouts Done Right.....	8
MRT Workouts vs. Strength Workouts.....	11
Total Body Workouts.....	15
Metabolic Finishers for Fat Loss Magic.....	20
Replacing Intervals with Metabolic Finishers.....	25
Bodyweight Bootcamp Workout Finishers.....	29

Metabolic Resistance Training

The evolution of metabolic resistance training (MRT) has brought this powerful form of fat loss workouts to the forefront of the fitness world today. You're seeing MRT being used in boot camp workouts, by bodybuilders in transformation contests, and even in bodyweight exercise programs.

But to a lot of people new to MRT, many questions remain. For example, just what is this fancy sounding way of exercise that millions of people are using today for their fastest fat burning results ever?

What Is “Metabolic” Resistance Training?

To answer that question, we have to look at the *evolution* of metabolic resistance training, and we need to look at what fitness experts mean when they use the word, “metabolic”.

After all, resistance training is straightforward...that simply means strength training, where you perform weighted or bodyweight exercises, generally within a repetition range of 1-15 reps.

However, adding in the word, “metabolic” completely changes your definition – and the feel – of a traditional strength-training workout.

So I'll grab some plutonium and then we'll jump in our Strength-Training-Time-Machine (it's that car over there with the weird doors on it), and we'll go back in time to when resistance training was beginning to get popular.

Late 1960's & Early 1970's

At this time, researchers were focusing on strength gains from resistance training, and there were two popular beliefs...

First, one researcher named Berger found that doing three sets of six repetitions was the best way to build strength. But another researcher named DeLorme found that three sets of ten were best.

Either way, the workouts weren't much different, and **neither would be classified as metabolic resistance training because long rests were given between sets.**

Plus, if you used this system for your workouts, you'd *only* build strength and muscle, but it's unlikely you'd burn enough calories to lose body fat. So **you'd just end up with a bigger version of your body now**, which likely isn't your goal.

Now you might have also noticed a clue I gave about MRT workouts.

You see, **when we do metabolic resistance training, these workouts do not have long rest periods between sets.** In fact, the workouts are set up so that you can go from exercise to exercise with as little rest as possible while still maintaining high-intensity training.

It sounds simple, but believe me, as a fitness expert who has written for Men's Health magazine over 50 times, most people don't know how to organize a workout – especially a metabolic resistance training workout – for maximum results.

In fact, if you put the exercises in the wrong order, you could end up hurting yourself or developing a long-term, chronic overuse injury. So read on to find out the best way to design an MRT program.

Late 1970's & Early 1980's

Arnold Schwarzenegger popularized bodybuilding with his multiple-set, heavy weight, high-volume workouts. **And yes, the way Arnold trained is closely related to today's MRT workouts, but there is one flaw in how Arnold trained compared to how YOU want to train for maximum fat loss.** More about that in a second.

But it's also worth mentioning another type of resistance training that was beginning to get popular around this time - High-Intensity Training. HIT is characterized by doing only ONE set per exercise to failure with a heavy weight.

Again, there *are* similarities to MRT workouts, but it's still not the method we're looking for.

So how do these two types of training differ from MRT workouts?

While Arnold's programs are metabolic, *they fail to be ultra-metabolic* because you only train one body part per day. Since Arnold's program focused on doing one body part per day at such a high volume, only two things were going to happen...

First, if everything went according to plan, you'll build a massive amount of muscle.

And second, what happened in most other cases (i.e. in people who were NOT using steroids) was that the high volume of chest exercises in one day would lead to shoulder injury. If it didn't, then the high volume of shoulder exercises or back exercises in the next two to three days would cause shoulder injury.

The bottom line is that Arnold's bodybuilding had too much bodybuilding volume in it, and that's not the way of MRT workouts.

As you'll soon see, **MRT workouts tend to be total-body resistance training workouts done with multiple sets of a variety of exercises.** That's the similarity between MRT and High-Intensity Training (bodybuilding version of HIT – this is different from HIIT which refers to high-intensity interval training) from the early 1980's.

Whereas Arnold would do only chest on Monday, back on Tuesday, legs on Wednesday, etc., high-intensity workouts were total body, and done infrequently. However, lifting heavy weights to failure is not part of the MRT plan.

So leaving that era of fitness, **we take away two valuable factors that are now part of the legendary fat burning MRT workouts used by men AND women all over the world...**

First, the multiple sets done in a repetition range of 8-12 are used because these activate the exact metabolic processes in the muscle that we need in order to burn a maximum amount of calories and stimulate a maximum amount of muscle – thus boosting post workout metabolism.

And second, the total body workout style done on a Monday, Wednesday, Friday schedule used by the HIT gang was one of the best systems for setting up a fat burning MRT workout schedule for busy people.

However, there's been another advancement in MRT workouts that allows you **to train up to 4 days per week with MRT programs and boot camp workouts, and this might be the best schedule to give you the maximum combination of lean muscle building and fat burning for that ultimate body transformation.**

Strap on your seatbelt in the Strength-Training-Time-Machine and let's journey to where circuit training became popular once again (it was popular in the 1970's and 80's as well, but the 90's version is most applicable to what we use in MRT workouts).

1990's

Now you've probably seen the weight training circuits set up in a gym. It's a circle of weight machines that you rotate through on a timed basis. That's not bad, but it's not exactly what you want to do in an MRT workout.

There's an *extra* component of metabolic training that needs to be added, and we can thank fat burning researchers from the University of Laval up in Canada for bringing this to the world.

In 1994, Drs. Tremblay and Bouchard published the first study on interval training for fat loss. **They found short, burst interval training to be better than long, slow, boring cardio for fat loss.** And so now we need to apply it to your MRT workout for even better fat burning results.

Let's skip forward to **the turn of the century**. All of the sudden bodyweight training became very popular again in the year 2000, and I've spent the last decade identifying over 101 bodyweight exercises that can be used in metabolic resistance training workouts.

This knowledge *allows you to burn fat with metabolic resistance training bodyweight exercise workouts in the comfort of your own home, or while on holiday, and even in your hotel room on business trips.*

And finally, one more jaunt in the time machine to take us on home and a summary of the powerful metabolic resistance training methods.

Current Day

By now, you know that metabolic resistance training workouts are advanced fat-burning sessions that are a hybrid-fusion of bodybuilding set and rep schemes with an interval training twist all in a total body system.

You also know that the MRT workouts consist of handpicked exercises, using dumbbells, kettlebells, bodyweight and even barbell movements, put together in supersets or circuit fashion.

TT Metabolic Resistance Training Programs

Each total-body workout takes only 45 minutes, and you can use either the traditional three total-body MRT workouts per week, or my new-school version where you combine Metabolic Resistance Training (heavier resistance) with Metabolic Conditioning Training (higher reps) in a method that allows you to do four fat burning workouts per week.

Not only are these workouts fun, fast, and effective, but their addictive and give you a bit of that bodybuilder pump and fatigue as well... it's the best of all worlds, and the results are dramatic – and quickly noticeable

It's best to perform each exercise in the 8-12 repetition range and there is no rest, or minimal rest, before moving on to a non-competing exercise in the superset or circuit.

You'll start with the major muscle groups and work down to less complex exercises, and of course; you'll include new-school total body abdominal exercises in the program as well, because MRT is great for building rock hard 6-pack abs.

You can include traditional interval training within the circuits, or use the futuristic metabolic finishers, discussed later, that have become standard in my MRT programs and are preferred by my clients because of the variety and because frankly, they are just a heck of a lot of fun to do.

MRT Workouts Done Right

With metabolic resistance training workouts becoming so popular, it's important for a fitness expert to explain exactly what these workouts are AND to show you when you're doing them right *and* if you are doing them wrong.

Because believe me, somebody, somewhere, is going to do these workouts wrong, and that's a shame, because metabolic training seems to be the best way to gain muscle and lose fat at the same time. And yes, you can build muscle and lose belly fat simultaneously – as long as you have the right workout and nutrition program.

MRT Workouts – Hybrid Total Body Training

I mentioned this before, but it never hurts to have a quick reminder... a metabolic resistance training workout is a hybrid total body exercise method that focuses on both movements and muscles. You'll use a variety of movements – including barbell, dumbbell, kettlebell, and bodyweight exercises, set schemes, and rep ranges to deplete muscle glycogen and cause moderate – but not extreme – amounts of muscle damage.

Unfortunately, too many inexperienced trainers are going to go crazy with this proven fat loss training system and potentially hurt their clients. I was recently interviewed by Men's Health magazine and asked for **4 signs that you might be working too hard in your metabolic workouts** when trying to get six pack abs. Here are my answers:

1. Blacking out, dizziness, etc. Death is also something you probably want to avoid.

I know that sounds humorous, but I'm not joking. The interviewer at Men's Health herself had reported doing too much, too soon in her metabolic training, and had issues with dizziness and almost blacked out. This is never the goal of training. You don't need to do that to burn fat. Train safe.

2. Feeling pain

Discomfort is fine (mandatory, really), but pain is not. Pain likely means you've pulled a muscle.

You have to push yourself to get results, and you have to push through discomfort, but if you ever feel any sharp pains during a set, stop immediately, and move on to the next exercise. If the pain persists, end the workout and get a professional to examine you.

3. You're getting pathetically weaker, chronically injured, and smaller from your workouts. That means you're training too hard, too often, and without the right stimulus.

Some folks need to stop playing the hardcore conditioning card all the time, man up, take some rests between sets, and lift heavy weights again.

You have to push yourself to get results, and you have to push through discomfort, but if you ever feel any sharp pains during a set, stop immediately, and move on to the next exercise. If the pain persists, end the workout and get a professional to examine you.

4. You're still sore 4 days later from a workout.

That means you've done too much volume. Cut back on the number of sets you do by 25-50%. You don't need to put that much damage on the muscle in order to build muscle or burn calories.

I hear this a lot...in fact, I just received an email from a guy who did a workout and couldn't bend his arms for 4 days...his liver enzymes were elevated (a sign of extreme muscle damage).

In worst-case scenarios, people suffer muscle rhabdomyolysis (extreme muscle damage) and that can cause kidney failure because your kidneys are overwhelmed by the byproducts of the muscle damage.

Trainers get sued for this once in a while and need to be smart about their training programs.

Workouts are for adaptation, not annihilation.

On the other hand, some folks don't exercise hard enough in their fat loss program boot camp workouts. So, here are **four signs you're not working hard enough**:

1. You're not sweating a lot.

You don't need to sweat to get strong (and you won't because you're rest periods will be long), but if you're doing metabolic training for fat loss or conditioning, you should have sweat dripping off your head about 10 minutes into the main workout (excludes warm-up time).

2. You feel like you could go for another workout.

Unless you're a UFC fighter, a simple 45-minute metabolic workout should cause more than enough fatigue and stimulus for your goals. If you're ready to train again, you aren't working hard enough in your main workout.

3. You're using a weight or bodyweight exercise that allows you to do 20% (or more) repetitions than what is recommended for your sets.

For example, if your program calls for a set of 10, and you can easily do 12 reps or more with the weight or bodyweight exercise you've chosen, then you're not going to get the full metabolic response.

4. You're resting over a minute between exercises.

Metabolic workouts rely on shortened (incomplete) rests between exercises. Long rests are for getting strong, not conditioning.

Bottom line: While metabolic resistance training workouts are the best fat loss programs in the world right now, you still need to do proper workouts.

There's no point in getting hurt every workout so that you miss a week of training... you won't get lean that way. Instead, you need consistent, proven, scientifically designed workouts, like the [TT Metabolic Resistance Training workout](#).

MRT Workouts Vs. Strength Workouts

The battle of metabolic workouts vs. strength workouts has been EPIC, according to Certified Turbulence Trainer, Mike Whitfield. So let's find out what he has to say on the difference between resistance training workouts and plain ol' strength workouts, shall we? Take it away Mike....

Okay, let's say we have one guy we'll call Larry (because his name is Larry) and one woman we'll call Sally (probably because her name is Sally)...

Metabolic Shampoo or Strength Conditioner?

Now, Larry digs metabolic workouts while Sally is a fan of strength workouts. So then they start arguing with each other; and it's like that scene in the movie "Billy Madison" when Billy has a battle between the shampoo and the conditioner.

"Shampoo is better, it cleans the hair!", "No, conditioner is better, it makes the hair silky and smooth!"... something like that. I love that scene, or better yet, that movie. Awesome, I'm off track.

Bringing this back... like the shampoo and conditioner, metabolic workouts and strength workouts actually *compliment* each other. You don't have to choose one over another. They both help you with fat loss.

And they also allow you to do cool stuff like this:

1. Keep your strength while you lose fat
2. Add a new dynamic and challenge to your workouts
3. Improve your conditioning
4. Gain muscle and lose fat (say it ain't so!)

A Look At Metabolic Workouts

Some people just want to sound cool and so they say, "Yep, I'm going to the gym and doing a metabolic workout". Then they end up sitting on the bike for 45 minutes and do a set of jumping jacks at the end. How about, "No."

Metabolic workouts are intense, fast-paced supersets and circuits with less rest, yet with less resistance and usually more reps. They usually include a variety of bodyweight movements, some KB exercises, and even some TRX exercises. It's like taking a bucket down to the Good Times River, filling it up, and pouring it all over yourself.

For example, a metabolic workout might be a circuit of 10 exercises, starting out like this:

- § KB Swings
- § Superman Push-ups
- § Lunge Jumps
- § Ab Wheel Rollouts

That's just the first 4 moves, so your body and brain are all like, "Oh crap! What's going on? I don't know! We better burn fat until we know though!". Seriously, it's about getting a metabolic response and burning tons of calories in a short amount of time.

A Look At Strength Workouts

Strength workouts on the other hand use more resistance with typically more rest than metabolic workouts. For example, your first superset might be a Deadlift for 8 repetitions, immediately followed by a DB Chest Press for 8 repetitions.

NOTE: By the way, if you're ever really short on time, that superset gives you a lot of bang for your buck for time invested. It's nasty, but very effective – you're welcome.

There are also strength circuits, but either way, **strength workouts are designed to reshape the body while blasting fat.**

Would you like a conversation outlook on this one? Sure thing – your brain and body are all like, "Oh my gosh, why is he/she lifting such heavy objects? My muscles are all torn and stuff. Now I'm going to have to burn a ton of calories so I can repair them. What will I use? Oh cool, I'll use this belly fat".

Strength training ALSO allows you to keep your strength while dropping fat. By keeping or even improving your strength means you'll be lifting

more weight. When you lift more weight, you burn more calories. Burning calories rocks – we all know that.

Here's the thing though – our bodies can only take so many intense metabolic workouts (if done with the right intensity). Same with strength training. Although they give us the same outcome - a better physique and improved health - you can only perform each of them so many times a week before burning you, and your nervous system, out.

Combining Metabolic Workouts With Strength Workouts

How about we get the best of both metabolic workouts and strength workouts? We can improve our conditioning and blast fat with the unique dynamics and challenges that metabolic workouts give us, and we can keep or even improve our strength while even gaining muscle with strength training workouts.

Boom goes the Awesomeness dynamite!

Here's an example of how to incorporate both into your program:

Monday – Strength Workout

Tuesday – Metabolic Workout

Wednesday – Rest

Thursday – Strength Workout

Friday – Metabolic Workout

Saturday – Rest

Sunday – Rest

It goes without saying that you should probably do SOMETHING on your off day, but not something that doesn't allow you to recover. Keep it simple and light – like a walk with the dog, a leisurely walk or jog, or beating up a printer that doesn't work; things like that.

Metabolic Finishers

Now, I know what you're thinking, "Hey, what about those awesome workout finishers?". If you're not thinking about that, I'll wait until you do.

Good? OK, great.

If you're wondering where to "plug in" one of the Metabolic Finishers into your workout, here's where – *after* your strength workouts.

Why? If you do a metabolic workout correctly, you'll find that you won't be able to perform a finisher at the end of it. Your shirt can only get so wet. But honestly, it's not needed.

A high-quality metabolic workout will be enough of a stimulus to your nervous system all on its own.

Take a look at the big picture...

... you're working out 4 times a week, and 2 of the workouts are metabolic workouts. By adding finishers at the end of the strength training workouts, you end up with the perfect blend of strength and metabolic conditioning effects, including gaining muscle and burning fat at the same time.

Hip-hip hooray for fat burning and muscle building, while NOT burning out.

NOTE: When trying the Monday to Friday schedule above, especially with TT's Metabolic Resistance Training, I would actually recommend just sticking to the program *without* the finishers and see how the body responds before implementing them.

Total Body Workouts

It's simple - **total body workouts are your weapon of fat destruction.** Below, Certified Turbulence Trainer, Mike Whitfield, weighs in on the benefits of using total body workouts.

The other day I had two choices:

1. Hit the gym for a fat-burning total body workout.
2. Have a stare-down with the cookies my wife brought home thanks to her Mom.

Bonus points for the right decision – I chose #1.

So here's what my workout included...

- Bulgarian Squats
- DB Chest Presses
- Cable Rows
- And Ab Wheel Rollouts

- PLUS a workout finisher of Bodyweight Jump Squats & Decline Push-ups

Not one muscle group went untouched, which is one of my *secrets* of staying lean.

I certainly wasn't planning on "annihilating" my biceps or shoulders for an hour. For one thing, I don't like wasting my time. I also don't enjoy over-use injuries.

Here's What Didn't Work

I remember years ago, when I first decided to lose my gut once and for all, I would go the gym and hit my back with about 6 different exercises - and that was only Day 1.

Day 2 was all about the chest.

Day 3 was my “cardio day”, whereby I would hit the treadmill and daydream between everything I have to get done (I was in the corporate world then) and how cool it would be to introduce Christina Applegate as my girlfriend to my friends and family.

The week continued with this type of *unproductive* chaos.

Two things were NEVER going to happen...

One was continuing to lose fat by doing a workout from the 20th century. While the other... well c'mon, you know... the whole Christina Applegate thing.

So let me continue talking about the first thing...

Here's What Did Work

I found myself in a rut and I was also bored.

While what I was doing was certainly better than sitting on the couch (it initially got me results), eventually my body stopped changing.

Later on, I discovered and introduced total body workouts and intervals into my workout regimen and that's when things really started to happen...

... I was dropping fat, yet I was working out **LESS**.

I went from working out 5-6 days a week to 3 days a week, and yet, I was getting far better results - my shoulders started to pop out, my arms had more definition than ever before, and my belly fat was finally shrinking.

Needless to say, ever since then **I've been hooked on total body workouts.**

For one thing, it *saves me time* so now I spend less time in the gym and more time with my family and my fitness business. It also makes it easier to keep the 105 lbs. of fat I used to carry around from creeping back up.

Now don't think I spend 3 hours in the gym to hit my entire body.

It's not like I spend my time with Tricep Push-downs and Crunches. Instead, I use exercises that are designed to give me a better return for time invested... exercises like:

- Pull-ups
 - Squats
 - Chest Presses
 - Rows
-
- And then I end my workouts with a fat-blasting metabolic finisher

The finishers I use are a variation of interval training, but I like my finishers more because they **hit MORE muscles, burning MORE calories**.

For example, sometimes I will perform 3 to 4 supersets of DB Swings and Spiderman Push-ups... good times.

Effective Total Body Workouts

Now since I'm a Turbulence Training fan and TT Trainer myself, I use TT workouts ... duh.

But there's a reason why...

When it comes to total body workouts, I find Turbulence Training to be short, effective and easy to stick with in the long term – which is extremely important for **anyone wanting to make a lasting, permanent change**.

So that's why I use them with my clients. C'mon, you can put in 3 days a week, for around 45 minutes, right?

Hey Ladies!

Females especially, love total body workouts. That's because these type of workouts help firm up trouble-spot areas due to the extra caloric burn.

It kills me to see women hit my gym and go back and forth between the inner-outer thigh machines.

If you simply focus on the overall caloric burn, hitting all the major muscle groups, then your trouble spots will no longer be a source of frustration – provided of course that you have a solid nutrition program in place.

And it's with these total body workouts that you will get the lean, athletic look you're looking for, rather than a bulked-up version of yourself. A good mixture of both DB exercises and bodyweight exercises is the type of program that I find works best with females.

Gain Muscle with Total Body Workouts

And men, while you may think that working your entire body is just for women, if you're serious about getting rid of that football beer gut or even gaining muscle, then hit the whole body. Trust me, it works.

Let's compare:

1. Say you're following a split program where you train your chest on Mondays, every week:
 - Here you train your chest **52 times a year**
2. Now imagine doing 3 total body workouts every week:
 - Here you train your chest **156 times a year**

Let me ask you this - Would someone get better at playing the piano with 52 lessons or 156 lessons? Now ask yourself if your chest would grow better by stimulating it 52 times or 156 times.

Boom goes the truth dynamite.

Besides, if you're doing 6 different exercises for your chest, be honest with yourself - you wouldn't be able to sustain the same intensity for the 6th exercise as you do for the 1st exercise. Total body workouts are where it's at.

Bust Your Fat Loss Plateau

If your nutrition is in check, you will quickly find, like I did, that working your entire body 3 to 4 times per week is an excellent way to bust through a fat loss plateau... not to mention losing those pesky 5 to 15 lbs. of annoying fat.

Metabolic Finishers For Fat Loss Magic

Metabolic finishers are the magical fat loss workout secret of trainers, not only for their clients, but for themselves, too. Read on to find out what Certified Turbulence Trainer, Mike Whitfield, did in a recent fat burning workout to burn belly fat during a weekend of bad dietary choices...

Metabolic Finishers

The last night I was in San Diego for the TT Summit, my friend Daniel and I got a craving for something sweet (don't judge us trainers, we're humans, too). So, we decided to make a pit stop on the way back to the hotel at a Ghirardelli Shop...

The size of the sundae I had was EPIC.

I hadn't eaten anything sweet all weekend, and after all, I had torched roughly 1,844 calories doing one of Craig's bootcamp workouts earlier in the day (OK, it wasn't 1,844, but my shirt was wet 4 minutes into it).

Daniel and I made an executive decision to fast the next day and we also hit the local 24/7 Gym for a quick workout before leaving town. First we did a Meathead workout and then talked ourselves into a Metabolic Finisher to torch some extra fat at the end. It was awesome, and it went like this:

Do the following superset, resting only as needed:

1A) Lunge Jumps (10 each leg, 9 each leg...1 each leg)

1B) Explosive Push-up (hands leaving the ground b/w reps) (10, 9...1)

In the first superset, perform 10 reps of each exercise. In the next superset, perform 9. Continue in this fashion until you complete 1 rep of each exercise.

Now, if you try this one, don't be angry with me. Instead, be happy that you set your body up to burn a LOT of fat. By the way, the two of us were exhausted afterwards.

Boom goes the fat-burning dynamite.

We *could* have hit the treadmill for intervals, but I prefer Metabolic Finishers instead of traditional interval training because...

1. The possibilities with finishers are nearly endless.
2. You stimulate more muscles.
3. And I enjoy the mental and physical challenges.

I started experimenting with finishers almost three years ago on some of my clients, as well as with myself, and the results were amazing.

Metabolic Finishers Explained

If you aren't sure what finishers are, basically **they are a fat-burning sundae, sprinkled with awesomeness and drizzled with coolness**. That sentence made it in? Wow.

Anyway, finishers are basically a way to perform interval training. However, they work MORE muscles, resulting in FASTER results.

For example, when you hop on the stationery bike for intervals, you work your legs quite a bit and you certainly get a metabolic response (in English, that means you burn fat).

But what if you did a circuit of inverted rows, body squats and push-ups? Let's compare:

- **Bike interval training workout:**
 - o Work your legs
- **Bodyweight exercise circuit:**
 - o Inverted rows (back)
 - o Body squats (legs)
 - o Push-ups (chest)

- o Not to mention all the smaller muscles AND your core

As you can clearly see, the bodyweight circuit stimulates way more muscle groups compared to the bike intervals, therefore burning more calories and helping you get six pack abs.

Just imagine doing this type of circuit (aka metabolic finisher) with the appropriate rest periods for 10 minutes compared to bike intervals for 10 minutes. Your belly fat doesn't have a chance.

Incorporating Finishers Into Your Program

You can easily incorporate finishers into just about any sensible exercise program or metabolic resistance-training workout.

To run sprints after a tough leg workout can be a tall order - your performance of the sprints might be poor, resulting in less calories being burned.

Instead, try performing a finisher circuit of jump rope, pull-ups and push-ups. Since your upper body muscles are fresh, you'll give a better effort, along with getting the heart-pumping benefits of jumping rope.

So in this case, by doing a finisher that challenges the upper body muscles, you stimulate ALL the major muscle groups, effectively burning more calories.

My wife will love this equation because she's a math teacher:

A Solid Nutrition Program + A Well-Designed Workout Program +
A Well-Designed Workout Finisher = **Burning More Fat In Less Time**

Math and burning fat is cool.

Quality over Quantity

Now keep in mind that just like intervals, you will have more success with quality over quantity.

You don't have to go crazy and do 10 rounds.

And, of course, I certainly don't write finishers for my clients requiring them to perform an exercise to failure. It's simply not necessary and can easily lead to over-use injuries.

I also typically keep myself, as well as my clients, down to **3 to 4 finishers a week**.

If you're not careful, you can over-stress the nervous system and burn out. That's not the idea of finishers. As a matter of fact, it's the opposite.

I design finishers with **just the right amount of stimulation so that my clients look forward to working out**, due to the mental and physical challenge of the finisher. That's what leads to consistency, and is ultimately a big part of a successful, long-lasting transformation.

Metabolic Finisher Examples

Bodyweight exercise finishers are one of my favorite ways to torch calories after a workout. Sometimes I will do a circuit of the following and then call it a day:

- Prisoner Jump Squats
- Close-Grip Push-ups
- Suicide Drills
- On/Off Planks (good times)
- Burpees

And that's how I stay lean, not to mention that the bodyweight finishers I use really come in handy when I'm not at the gym or I'm on the road.

Kettlebell Finishers

If you have access to kettlebells, then consider yourself awesome-ized. Kettlebells bring a whole new dynamic to Metabolic Finishers because the possibilities are endless, keeping you coming back for more.

For example, you can use the following KB exercises:

- KB Snatches
- KB Swings (2-Arm)
- KB Swings (1-Arm)
- KB Turkish Get-ups
- KB Front Squats
- KB Elevated Push-ups

Metabolic Finishers for Men AND Women

I personally use metabolic resistance training Finishers with both my female and my male clients. With my female clients, they tend to love the bodyweight Metabolic Finishers, while my male clients tend to enjoy the upper body focused finishers (surprise, surprise).

But more importantly, anyone interested in gaining muscle usually likes the Finishers because it **keeps the fat at bay while gaining lean mass**. Philip and Lisa, a couple of winners from the 11th Turbulence Training Transformation Contest, used Metabolic Finishers in their programs.

After my workout today, I did what I call the “**Swing and Get Thrusty**” Finisher (By the way, I take pride in the names of my Finishers). It went like this:

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

- 1A) DB Swings (30 reps)
- 1B) Spiderman Push-ups (10 reps)
- 1C) Modified Burpees (10 reps in first circuit, 8 in second...6 etc.)

Boom goes the fat-torcing dynamite.

Replacing Intervals With Metabolic Finishers

Certified Turbulence Trainer, Mike Whitfield, is back again with another look at how to incorporate fat-blasting Metabolic Finishers into your workouts.

I decided to ask for a kettlebell for my birthday so that I can do some workouts in my backyard... I actually got the idea when Craig saw a picture of my backyard on his fan page and said it looked like a great place to do a workout. Smart guy that Craig Ballantyne is.

And so as I've been daydreaming about my hopeful gift, I've also been wondering how to do metabolic finishers when I work out at home. Needless to say, I *don't* have a treadmill or bike at home for interval training.

Instead, I prefer metabolic finishers to traditional interval training - although some people enjoy interval training more. Which is great because **either one of those are definitely better than long, boring cardio.**

My clients have had some good questions though, and one of them was, "How do I replace intervals with metabolic finishers?" That's like asking me, "How do I make something that is already awesome into something even awesomer?"

Let's say you are facing one of these problems:

1. You are out of town without equipment
2. You did enjoy intervals, but found yourself in a rut or constantly sore from interval training
3. You can't make it to the gym

Insert cheesy saying here – **Have no fear, The Workout Finisher Guy is here.** I promise you that sounded better in my head. Moving on...

The Switch: Treadmill to Metabolic Finisher

Okay, so you normally do interval training on the treadmill at the end of your workout, and you're currently doing it at a difficult pace (9/10

exertion) for 30 seconds, followed by 1 minute of recovery (3/10 exertion), repeating 6-8 times for a total of 9 to 12 minutes.

Here's how you would replace it with a metabolic workout finisher:

Note: Do the following circuit 3 to 4 times.

- 1) Prisoner Squats (30 seconds)
Rest 10 seconds
- 2) Spiderman Push-ups (30 seconds)
Rest 10 seconds
- 3) Jumping Jacks (30 seconds)
Rest 10 seconds
- 4) Mountain Climbers (30 seconds)
Rest 30 seconds

If you do the math, it takes nearly the same amount of time to do the metabolic finisher above as it would take to do the traditional interval training, while also **requiring NO equipment**. I guess you can say, "A smart guy that Mike Whitfield is"?

The Switch: KB Swings to Metabolic Finisher

Another great method of interval training is KB Swings...

For example, many folks do Kettlebell Swings for 30 seconds, and then rest for 30 seconds. That alone is a great way to burn fat, but how about we **tweak it a little bit** for a fantastic metabolic finisher?

Instead, shorten your time doing the KB Swings to 15 seconds, and immediately follow it with Explosive Push-ups for 15 seconds, and then rest for 30 seconds. (*Don't give me that look about the Explosive Push-ups – it's just 15 seconds*).

By reducing the amount of time invested in the KB Swings, your legs won't be nearly as sore the next day. Also, with this Finisher you've now worked your upper body AND your lower body for **extra calorie burning without adding any additional time to your workouts...** Boom goes the productivity dynamite.

Since I'm on a roll, let's take a look at yet another way to replace interval training with metabolic finishers...

The Switch: Bike Intervals to Metabolic Finisher

Let's say you're not in the mood for intervals on the bike like you usually do. You're supposed to go hard (8/10) for a minute, followed by a recovery period (3/10) for a minute while on the bike, and you do this for anywhere between 12-16 minutes.

Here is your plan of attack to replace intervals with a metabolic finisher:

Note: Do the following circuit 2 times, resting 1 minute between circuits.

1. Bodyweight Split Squat (1-1/2 rep style) (30 seconds each leg)
2. Spiderman Climb (30 seconds)
3. Inverted Row (30 seconds)
4. Close-Grip Push-ups (30 seconds)
5. 1-Legged Deadlift (30 seconds each leg)
6. Modified Burpees (no jump or push-up) (30 seconds)

This metabolic finisher takes 9-10 minutes - less time than your regular bike intervals, PLUS you hit all major muscle groups. This rocks, and here's why:

- Like I said, you hit ALL the major muscle groups, burning more calories (on the bike, the emphasis is on the legs and episodes of Judge Judy).
- You spread the exertion over the entire body, allowing your legs to be fresher for your next workout.
- You did more in less time. You just literally turned on the six-pack abs igniter.

Just recently, someone ask me how to switch from the elliptical to metabolic finishers instead. Needless to say, I was pleased because I've never been a big fan of the elliptical. It's just awkward to me. I guess I'm old and set in my ways.

So I was happy to show him **a countdown circuit** of lunge jumps, overhand grip inverted rows and elevated push-ups. This way he will burn a lot of calories, but his body will still be ready for his next workout, whether that be upper body, lower body, or total body.

After all, if you're constantly sore, more than likely you won't stick to your workout routine.

Bodyweight Bootcamp Workout Finishers

Workout finishers are not only an awesome addition to individual workouts – they can also be added onto the end of your bodyweight bootcamp training sessions to help you – or your clients – get even better results. Certified Turbulence trainer, Mike Whitfield, explains...

I absolutely love getting new people when I run a bootcamp. And thanks to the cool mornings of late, we've been running our bootcamps outdoors.

One of the last workouts of the week that we recently did just so happened to include one of my favorite bodyweight metabolic finishers - jumping lunges and push-ups. It went something like this:

Do the following *superset*, resting only when needed:

Note: I told my campers to catch their breath and jump back in when they can.

1A) Jumping Lunges (8 reps per leg, 7 reps per leg, etc., down to 1)
1B) Push-ups (8, 7, etc. down to 1)

So in the first superset, you'll do 8 reps of each exercise. In the next superset, do only 7 of each. Continue in this fashion until you have reached 1 rep of each exercise.

Challenging All Fitness Levels With Metabolic Finishers

Now the tricky part about doing metabolic workout finishers with bootcampers is to allow beginners, advanced people, and everyone in between to **reap benefits AND not feel out of place**.

So before starting the finishers, tell your campers they can substitute the lunge jumps for split squats and the push-ups with kneeling push-ups - that way, everyone can do a finisher based on *their* fitness level.

My veteran campers know that metabolic finishers are my favorite part of the entire workout, but my newbies were in for a treat that day...

We had some exhausted folks when we were done, and a few of them even clapped, knowing they burned a LOT of calories and torched some serious belly fat.

Bootcamp Metabolic Finisher Design Tips

When writing my bootcamp programs, **I always make sure I have a substitution exercise** in mind so that everyone can participate and feel they belong there.

Bodyweight metabolic finishers are not just for advanced people. Both beginners and intermediate people can benefit from them, too - it's just a matter of adjusting the finisher to their fitness level.

For example, let's take a look at a bodyweight workout finisher I wrote for one of my 1-ON-1 CLIENTS:

Perform this circuit 3 times, resting 30 seconds between circuits:

- 1A) Jump Squats (8 reps)
- 1B) Explosive Push-ups (8 reps)
- 1C) Spiderman Climb (10/side)
- 1D) Burpees (10 reps)

Now, if I used this bodyweight workout finisher in my bootcamp, I would need to offer exercise substitutions AND change my rep scheme to timed sets.

I like to tell my campers to perform the exercise based on their fitness level. And the reason I would use timed sets is because some campers can do one rep after another, while others can only do a few reps before needing a rest.

So, I would take the bodyweight workout finisher circuit from above, and change it to this when putting it in a BOOTCAMP WORKOUT:

- 1A) Jump Squats **or** Total Body Extensions (20 seconds)
- 1B) Explosive Push-ups **or** Regular Push-ups **or** Kneeling Push-ups (30 seconds)

1C) Spiderman Climb (30 seconds)

1D) Burpee **or** Modified Burpee **or** Body Squats (20 seconds)

By offering timed sets, you will notice the advanced campers are able to do a lot more reps in the timeframe, which challenges them. At the same time, beginner campers may only do a few reps, rest a little bit, and then continue. And that's great – as long as they are giving their best.

When using timed sets, I normally use an interval timer like the Gym Boss or I just use my stopwatch.

By simply switching the bodyweight workout finisher to timed sets and offering exercise substitutions, you can start using metabolic finishers in your bootcamp.

Boom goes the bootcampers' belly fat.

Even if you run a bootcamp with a lot of equipment like the TRX, kettlebells, dumbbells, etc., bodyweight workout finishers are a great way for everyone to end the session together.

Let's face it; the workout finisher is the toughest part of the program...

The extra social support will help all of your campers get through the tough finish. Then they will go home and rant about you on Facebook, but that's cool because it's free exposure. As a matter of fact, you should hop on to their posts and "like" it.

That's what I do ... "Mike Whitfield just put me through an awesome workout with a bodyweight workout finisher that made me sweat for 3 hours. But my jeans fit a lot better, so I can't complain." You can bet some money you will see that "Mike Whitfield likes this" with that thumb up.

You can **use a variety of bodyweight workout finishers** with your bootcamp, even if you already have a specific program like I do.

My boot camp programs typically last 4 weeks, and they are on an A, B, C system. In other words, we'll perform workout A on Mondays, workout B on Wednesdays and workout C on Fridays.

If I feel like my campers want more variety, then that's where I get creative with my bodyweight workout finishers. We sometimes perform a different finisher after each workout over the course of the 4 weeks.

Sometimes the finisher is a superset or a circuit. Sometimes we just do one exercise several times with little rest between sets. For example, when we do Total Body Extensions, we'll do those for a full minute, rest 20 seconds, and then do it again – good times.

It really depends on the clientele, but they love/hate it, which keeps them coming back for more.

Bodyweight Workout Finishers Template

Whatever bodyweight workout finishers you choose for your bootcamp, the principles and template remain the same...

1. Offer exercise substitutions to allow beginners and advanced people alike to get the maximum benefits.
2. Use timed sets using a Gym Boss or a stop watch (you can even use an interval timer on your smart phone) so people can go at their own pace.
3. Always tell them that they finished strong – it sounds cool and they enjoy the encouragement.

Now there will be exceptions, like when you use a countdown finisher, but that's OK. Just keep it simple and tell the campers to stop and catch their breath when they need to, then hop back in when they can.

Remember, we are there to encourage and push them to do their best, not to get them in an ambulance.

One of the joys I get is seeing one of my past campers who “graduated”, performing a bodyweight workout finisher after lifting some serious weight. There's a mysterious addiction to workout finishers, and that's why I love them so much.

Discover How to Use the Legendary MRT System Combined with Metabolic Conditioning to Lose Fat and Build Stamina

PLUS you'll add an extra level of **SUPER** fast fat burning into your life with today's hottest interval workouts – **TT Metabolic Finishers** – for **FREE** while saving over **66%** off the regular price

Dear Friend,

While *almost* every Turbulence Training workout falls under the category of metabolic resistance training... this program is **DIFFERENT**.

Yes, it's different because it **includes a few harder exercises** that you've never seen before in TT workouts.

But this fat-burning workout program is also different because we've **modified the heavy metabolic resistance training AND used metabolic resistance conditioning** with lighter resistance, and less rest.



And so that means when you grab your copy of **TT Metabolic Resistance Training**, you'll get instant access to **4 challenging workouts** designed to elevate IN-workout and AFTER-workout calorie burning like never before.

Essentially, you're getting a program **GUARANTEED** to strip away fat, while simultaneously sculpting lean sexy muscle.

Here, specifically, are the two components that make up MRT:

1. Two Heavy Metabolic Resistance Training Workouts
2. Two Metabolic Conditioning Workouts

With the Turbulence Training metabolism-boosting resistance and conditioning program, you'll perform the heavy workouts first, followed immediately the next day by the conditioning workouts.

And while you may be cursing me like never before, I'm certain you'll be ecstatic with your transformation.

But **NOW** you can add an **EXTRA** level of super **FAST** fat burning into your life.

Introducing TT Metabolic Finishers...

And boy-oh-boy, these workouts will kick your butt and leave your muscles burning for hours afterward...but all in a good way.

And that's *exactly* what sets Turbulence Training apart from long, slow, boring cardio workouts.

It's that **post-exercise calorie burn of recovery** that you've come to both love *and* expect from the TT metabolic workouts, but more importantly...

... **this is why you'll burn fat faster – even without fancy equipment – when you train with this style of workout.**

Not only will you burn fat faster though, you'll ALSO build lean, sexy muscle – at the same time.

Yeah, just wait till you see the sweaty, metabolic goodness that I have in store for you....

Burpees, goblet squats, split shuffles, KB swings – that's only one of the heart-racing, sweat-inducing metabolic finishers that are guaranteed to leave your body beat and on a calorie burning rampage.

And with 3 of these fat-burning workouts, combining supersets, trisets, and metabolic finishers, you'll get your workouts done a lot faster than the poor folks who have to do an hour – or more – of cardio just to stay lean.

Oh, and it doesn't hurt that the workouts aren't nearly as boring as cardio. Who needs a TV to keep your mind from going crazy when doing TT Metabolic Finishers does that just fine all on its own?

[Click Here to Get Your Copy of the Legendary MRT Fat Burning System](#)

