

Finishers. FINISH STRONG: The Perfect Way To Get The Very Most Out Of Your Work-out...
 Throw one of these in at the end of your heavy weights session or after some short, intense cardio intervals.

At the Gym.

Exercise	Timed Option.	Repetitions Option.			
		round 1.	round 2.	round 3.	round. 4
(perform circuit style)	(complete 2-4 sets)				
GOBLET SQUAT or SQUAT PRESS	45 seconds	20	16	12	8
RENEGADE ROW (add Push Up-Row-Oblique-Raise)	60 seconds	12	10	8	6
SWITCH LUNGE	45 seconds	20	16	12	8
BODY-WEIGHT GET UP	60 seconds	12	10	8	6
KETTLE SWING	45 seconds	20	16	12	8
SIDE PLANK CRUNCH w HIP DIP	45 seconds each side	12 each	10 each	8 each	6 each

Exercise	Exercise	Exercise
(circuit style -10 reps & 5 circuits)	(circuit style -10 reps & 5 circuits)	(circuit style - 3 circuits)
FORWARD + REVERSE LUNGE	SWITCH LUNGE	ADVANCED BURPEE (5 reps)
WAR MACHINE ROW	VOMIT	SWITCH LUNGE (10 reps)
OBLIQUE V-UP	OBLIQUE V-UP	KETTLE SWING (15 reps)
MED BALL TRICEP DIP	SWISS BALL CURL	SIDE PLANK LEG RAISE (20 reps each side)
SIDE PLANK CRUNCH w HIP DIP	KETTLE SWING	

Equipment Free.

Exercise.	Timed Option. (2-4 sets)	Repetitions Option.			
		round 1.	round 2.	round 3.	round. 4
(perform circuit style)	(complete 2-4 sets)				
ELBOW TO KNEES SQUAT	45 seconds	20	16	12	8
VOMIT (Walking prone-Push Up-Bungee-Jump Squat)	60 seconds	12	10	8	6

Exercise.	Timed Option. (2-4 sets)	Repetitions Option.			
SWITCH LUNGE	45 seconds	20	16	12	8
WALK-OUT	60 seconds	6 each	5 each	4 each	3 each
OBLIQUE V-UP	30 seconds	12	10	8	6
BODY-WEIGHT GET UP	60 seconds	12	10	8	6