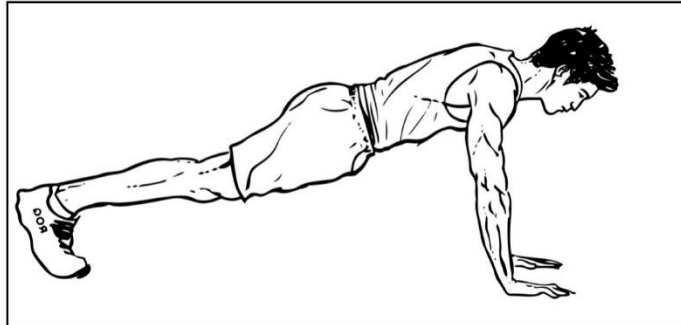
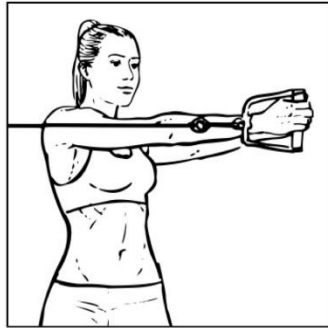
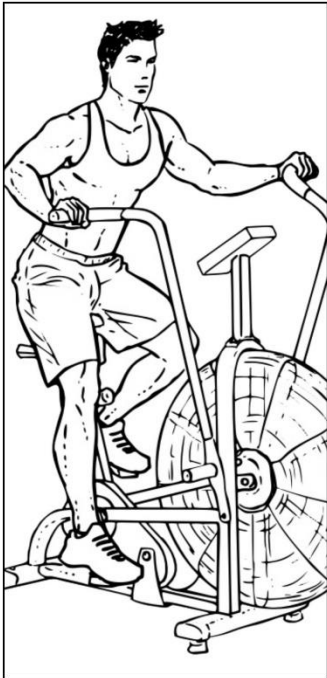


Plug AND Play



WORKOUT FINISHERS

Disclaimer.

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program, as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician, you agree to accept full responsibility for your own actions. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this book.

Intro.

Workout Finishers are exercises and routines used to put an exclamation point at the end of a workout! Adding an element of fun to your training sessions whilst breaking up the monotony of your normal routine. Although the workouts outlined may be challenging, causing soreness and fatigue, that isn't the goal. The goal is to improve your strength, fitness, muscular endurance, and possibly even body composition over time. I'm excited to see what kind of progress you can make by adding these finishers to your existing regime, so be sure to let me know how you get on, and keep me posted with any feedback you may have along the way.

Desmond Blakely

London-based Personal Trainer

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PLUG AND PLAY I

Tabata



Tabata is an intense form of **Interval Training** that alternates between short bursts of effort and even shorter rest periods.

WORK: 20 secs | **REST:** 10 secs | **REPEAT:** 8x

Performed correctly, this will help you to build muscle and burn fat more effectively than far longer workouts completed at a lower intensity.

Interval Training

NOTE: Although this only takes 4-minutes to complete I wouldn't recommend it for those who are unfit or new to training given that the bursts of effort are to be done at **MAXIMUM** intensity!

PLUG AND PLAY II

High Intensity



Equipment choices:

Assault Bike, Watt Bike, Treadmill, Rower

Interval options:

1:5 (10s Max Effort Work / 50s Rest)

1:3 (15s Max Effort Work / 45s Rest)

1:2 (20s Max Effort Work / 40s Rest)

Interval Training

The work-to-rest ratios shown above will directly impact the intensity of your intervals, with the best combination varying dependent on a person's age, goals, fitness levels and experience.

Use the above as a guide (along with some trial and error) to find out which works best for you.

PLUG AND PLAY III

A1. Double Crunch



A2. Bicycle



| | |
|-----------------------------------|----------------------|
| A1. Double Crunch: 20 secs | REST: 10 secs |
| A2. Bicycle: 20 secs | REST: 10 secs |
| REPEAT: 4x | |

Although this workout calls for the same 2:1 work-to-rest ratio as Tabata; it differs ever so slightly due to the fact you'll be alternating between two exercises instead of just the one.

The Tabata protocol originally called for 20 seconds of all-out effort, followed by 10 seconds of rest, on a mechanically braked cycle. Repeated eight times.

Technically speaking, anything that strays from that approach cannot be classified as Tabata. On the other hand, call it Modified Tabata and your range of possible outcomes can increase massively.

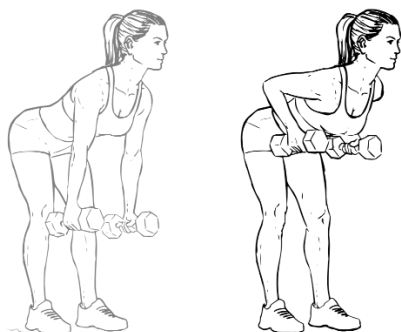
| | |
|---|----------------------|
| Modified Tabata – Sample Workout 2 | |
| B1. Push Ups: 20 secs | REST: 10 secs |
| B2. Squat HOLD: 20 secs | REST: 10 secs |
| REPEAT: 4x | |

Modified options could include: adding more exercises, more rounds of exercise, or doing multiple Tabata themed routines back to back.

Realistically, this is just another form of interval training. Experiment with the different variables to match your own requirements.

PLUG AND PLAY IIII

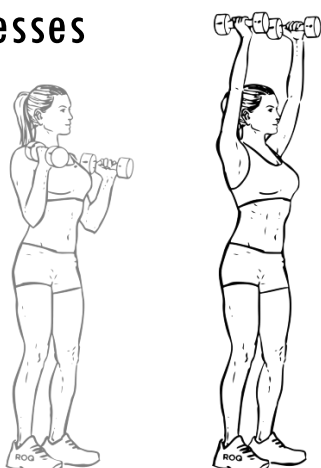
A1. Rows



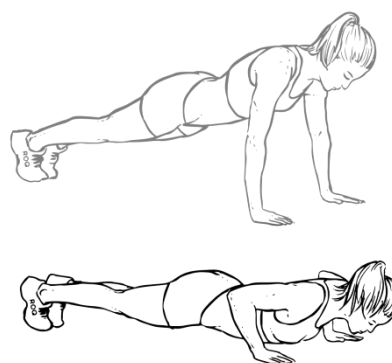
B1. Run



A2. Presses



B2. Push Ups



With this finisher you'll be performing an exercise Every Minute On The Minute, for 10 minutes, alternating between two different exercises.

WORKOUT – OPTION 1

WORKOUT – OPTION 2

| | | | |
|----------------------|---------------|-----------------------|---------------|
| A1. Rows: 30 secs | REST: 30 secs | B1. Run: 30 secs | REST: 30 secs |
| A2. Presses: 30 secs | REST: 30 secs | B2. Push Ups: 30 secs | REST: 30 secs |

REPEAT: 5x

REPEAT: 5x

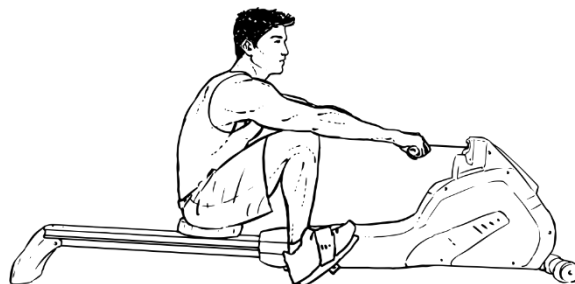
NOTE: Distance and rep targets would also work well here, but may affect the work-to-rest ratios (less work equals more rest), so if you go down that route just be sure to keep things challenging.

PLUG AND PLAY V

A. Squat Press



B. Row



This finisher will hit every muscle group from your toes to your fingertips.

On the rower you'll be working your legs, back and biceps. With the squat press you'll be adding in shoulders and triceps. Essentially, everything is getting worked.

WORKOUT – OPTION 1

A. **Squat Press:** 10 reps
B. **Row:** 500m

A. **Squat Press:** 10 reps
B. **Row:** 400m

A. **Squat Press:** 10 reps
B. **Row:** 300m

A. **Squat Press:** 10 reps
B. **Row:** 200m

A. **Squat Press:** 10 reps
B. **Row:** 100m

WORKOUT – OPTION 2

A. **Squat Press:** 20 reps
B. **Row:** 250m

A. **Squat Press:** 15 reps
B. **Row:** 250m

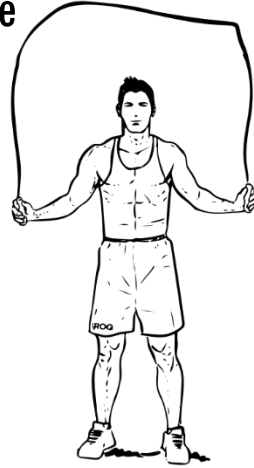
A. **Squat Press:** 10 reps
B. **Row:** 250m

A. **Squat Press:** 5 reps
B. **Row:** 250m

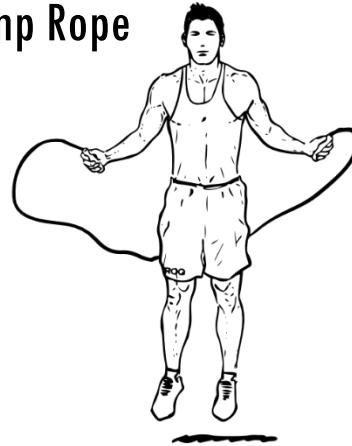
Use weights and move at a pace which is challenging; keeping your rest times to a minimum.

PLUG AND PLAY VI

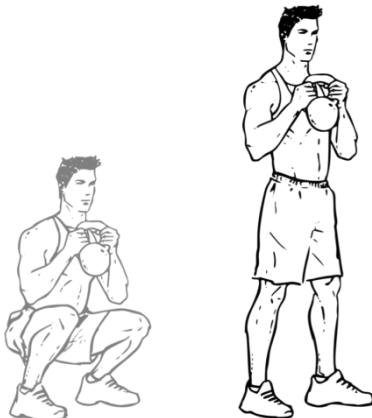
A1. Jump Rope



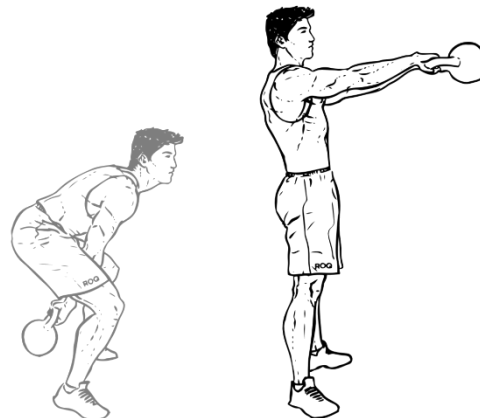
B1. Jump Rope



A2. Kettlebell Squats



B2. Kettlebell Swings



NOTE: All of the above can be swapped out for something else provided the new exercises fit within the given framework.

PART 1

Do the following superset twice, resting up to a minute between rounds.

Once complete, move on to part 2.

A1. Jump Rope (7/10 intensity) 100 turns

A2. Kettlebell Squats 8-12 reps

NOTE: If you don't have a kettlebell, you can use a dumbbell instead.

PART 2

Do the following superset twice, resting up to a minute between rounds.

Once complete, you're done!

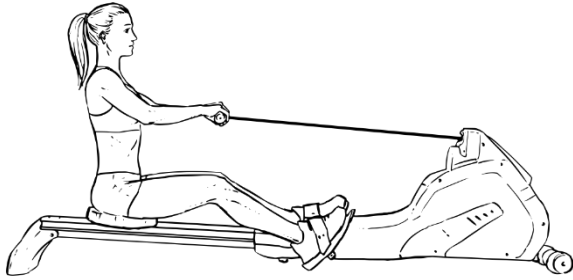
B1. Jump Rope (7/10 intensity) 100 turns

B2. Kettlebell Swings 12-20 reps

NOTE: If you can't perform kettlebell swings, squat jumps make for a great replacement.

PLUG AND PLAY **VII**

Rowing



ROW HARD FOR A MINUTE COVERING AS MUCH DISTANCE AS YOU CAN.

WORK: 60 secs | **REST:** 60 secs | **REPEAT:** 5x

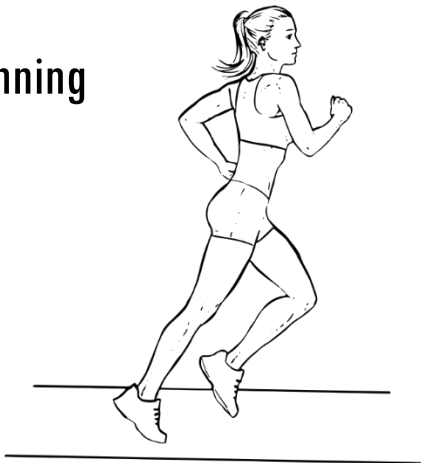
NOTE: If you don't like rowing you can swap it out for cycling or running instead.

Intervals

Another option when it comes to this workout would be to row for distance instead of time, aiming to complete 5x 250m intervals, each at a pace of under 60 seconds.

PLUG AND PLAY **VIII**

Running



Interval choices (pick one):

Run: **200m** Walk: 600m Repeat: 4x

Run: **400m** Walk: 400m Repeat: 4x

Run: **800m** Rest: 60 seconds Repeat: 4x

Intervals

If you don't have access to a running track, you can perform these intervals on a treadmill, recording how long each one takes, then doing them based on time instead of distance wherever you like.

NOTE: Treat these intervals like a race, finishing each of them with an all-out sprint.

PLUG AND PLAY VIII

100 reps



Exercise choices:

- Squats
- Burpees
- Push Ups
- Bicep Curls using an empty (20kg) barbell

Instructions:

1. Pick ONE of the above exercises
2. Complete 100 reps (As Fast As Possible)

NOTE: You can adjust the difficulty of this finisher by varying your pace, slowing things down to improve your technique, with the aim of achieving a faster time further down the line.

PLUG AND PLAY X

Hill Sprints



Find A Hill. Run Up It, Walk Back Down, Repeat.

Hill sprints are the perfect combination of simplicity and effectiveness.

Run: **30m** Rest: 60-90 secs Repeat: 10x

Doing these once or twice a week can help burn fat and build muscle whilst developing speed, strength and power.

Despite being intense, running uphill is actually safer than running on a flat surface. Just remember to warm up properly ahead of time and avoid overdoing it.

NOTE: If there are no hills available, a steep set of steps can provide a similar workout.

Outro.

You could follow these workouts exactly as they're laid out and get fantastic results, but it's worth bearing in mind that none of them are set in stone. You can, of course, do them as shown, with a focus on improving your technique, times and totals; but you could equally use them as a guide, introducing different movements and exercises as and when you feel the need. That said, if you find any of this at all confusing or if there's anything I can do to help you better integrate these workouts into your existing program, please don't hesitate to get in touch.

DB

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