Plug
AND Play

WORKOUT FINISHERS

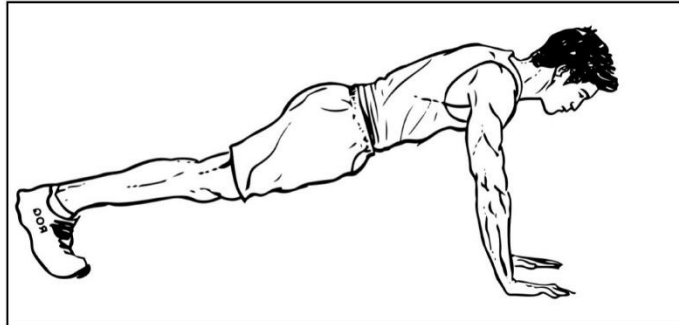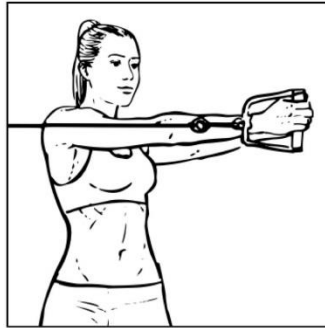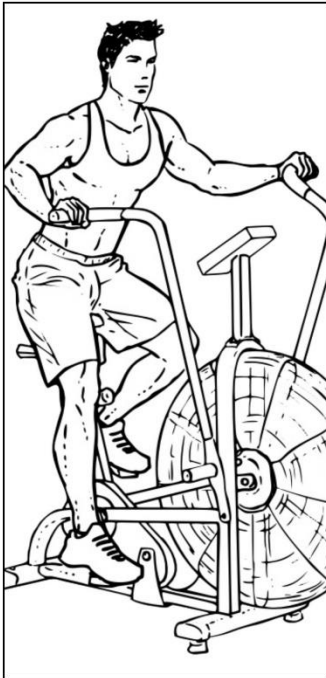**By Desmond Blakely**

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.

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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!

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.
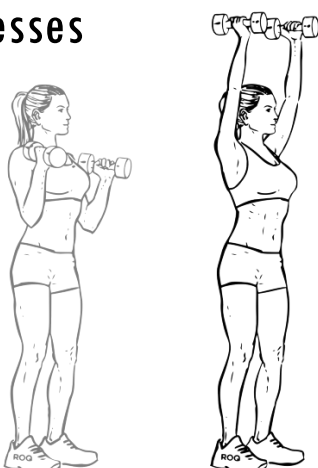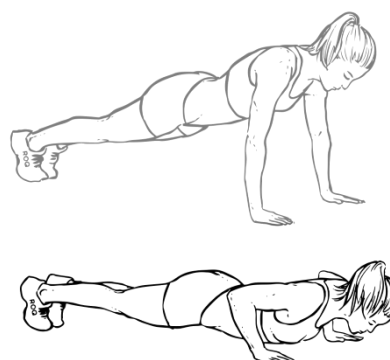
PLUG AND PLAY IIII

A1. Rows
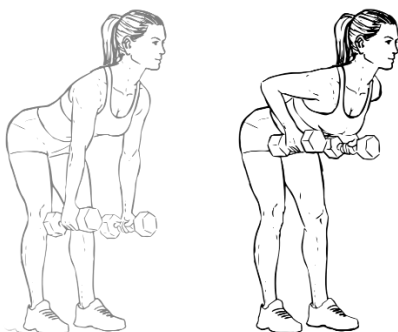
B1. Run

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.

<table>
<tr><td>

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

</td><td>

WORKOUT – OPTION 2

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

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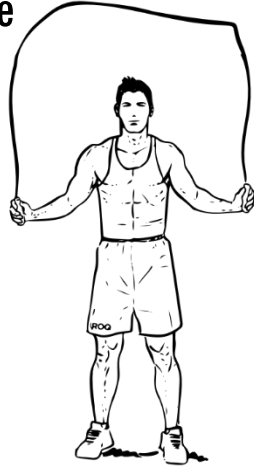B. **Row:** 250m

A. **Squat Press:** 10 reps
B. **Row:** 250m
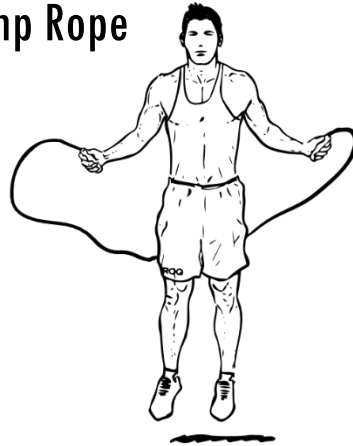
A. **Squat Press:** 5 reps
B. **Row:** 250m

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</table>

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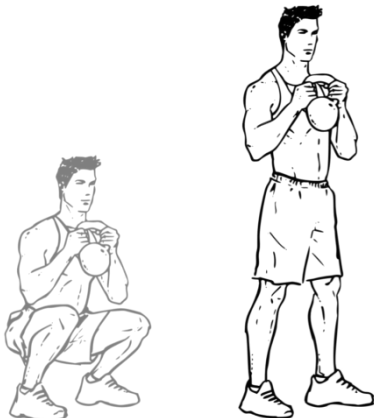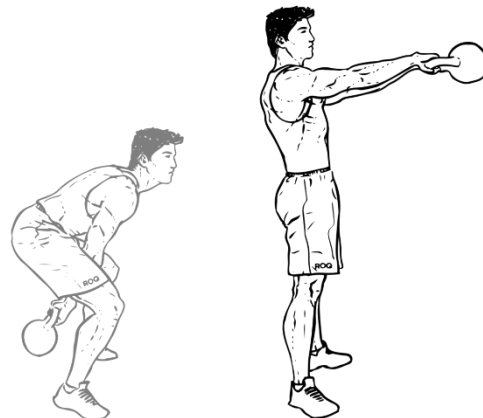
PLUG AND PLAY VI

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	PART 2
Do the following superset twice, resting up to a minute between rounds.	Do the following superset twice, resting up to a minute between rounds.
Once complete, move on to part 2.	Once complete, you're done!
A1. Jump Rope (7/10 intensity) 100 turns **A2. Kettlebell Squats** 8-12 reps	**B1. Jump Rope** (7/10 intensity) 100 turns **B2. Kettlebell Swings** 12-20 reps
NOTE: If you don't have a kettlebell, you can use a dumbbell instead.	**NOTE:** If you can't perform kettlebell swings, squat jumps make for a great replacement.

PLUG AND PLAY VII

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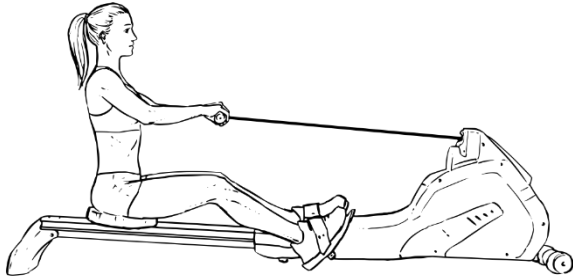
ROW HARD FOR A MINUTE COVERING AS MUCH DISTANCE AS YOU CAN.

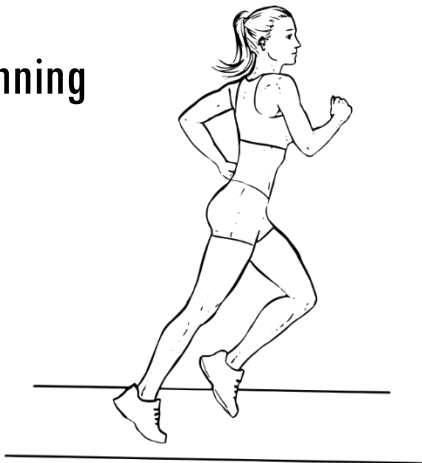**WORK:** 60 secs | **REST:** 60 secs | **REPEAT:** 5x

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 VIIII
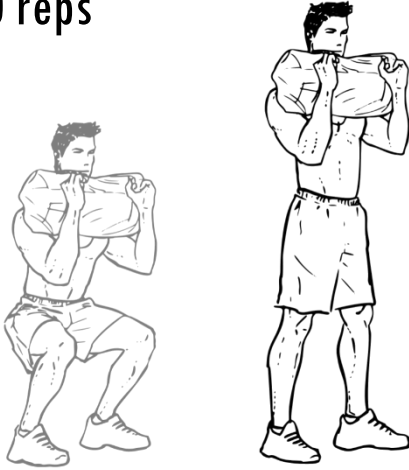
100 reps

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.

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