

# 12 Minute Finishers

End Your Workouts With a BANG. Then a whimper... ;)



The following training plans are meant to be used as finishers on top of a training day. Once you've completed your allotted training day, tack on one of these finishers to squeeze the last juice out of your muscles and build up some short burst stamina.

Some of these workouts require weights, but some you can do without, if you'd like. It's entirely up to you. The goal here is simple: SPEED + FORM. Don't lose your form completely, but you can push it a little bit to go fast. We're trying to get your heart rate going, too!

Use your best judgement when choosing a finisher. It's best to pick one that is similar to what you've already done, but not necessary. Look at the rest of the week's training plan and try to hit each muscle group within a finisher.

Don't forget to record your data! How many rounds did you do? What weight did you use? How did you feel at the end?

## Get Kraken!

	EXERCISES	REPS
1	Kettlebell Swing Goblet Squat REST Repeat 4 times	1 min 1 min 1 min
2	Reverse Lunge 1-arm Bentover Row 1-arm Push Press Russian Twist Rest as needed & Repeat for 12 minutes total	10 each leg 10 each arm 10 each arm 20
3	Push-ups Flutter Kick Mountain Climber Rest as needed & Repeat for 12 minutes total	10 20 30
4	Kettlebell Swing Kettlebell Clean Goblet Squat 1-arm KB Press Repeat 5 times per side for 12 minutes total	1 1 1 1

5	Swing Push-ups Rest as needed & Repeat for 12 minutes total	2/4/6/8/10 2/4/6/8/10
6	Walking Lunges Romanian Deadlift Glute Bridge Reverse Crunch Rest as needed & Repeat for 12 minutes total	10 each side 10 10 10
7	Broad Jump Lateral Lunges Jump Squats Curtsy Lunges Rest as needed & Repeat for 12 minutes total	5 10 each leg 5 10 each leg
8	Bear Crawl Wide Leg Squat Dumbbell Pullover Side Plank Rest as needed & Repeat for 12 minutes total	15 yards 10 10 15 sec per side
9	Deadmill ( <i>running on a treadmill without turning it on</i> ) • Recommend 5 minutes total to start	15 sec ON 45 sec OFF
10	Suitcase Deadlift Superman Hollow Rockers Knee-to-Elbow Plank Jumping Jacks Rest as needed & Repeat for 12 minutes total	10 per side 10 10 20 30

And always cooldown and stretch!

