

# **KRAZY CLOSERS**

## **52 KRAZY FINISHERS**



**Author: Rafael Moret, Publisher: Georgette Pann**

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A metabolic finisher or closer is a combination of exercises put together at the end of the workout (FINISHER/CLOSER) in an interval training or metabolic resistance training style. Workout finishers or closers are designed to complement and enhance your main strength training program.

Finishers typically last anywhere between 1 minute to 10 minutes, depending on exercises, reps, sets and the setup.

You will be able to use anyone of these 52 finishers or closers to any workout any day any time or throw 1 new one in every week to guarantee a brand new closer every week

And whether or not you're a bootcamp coach or you just want a way to replace boring cardio and even intervals, than this is your answer. Plug these mini fat-melters in after your workout and have your bootcampers raving about you.

**Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

# KRAZY CLOSERS

## 52 KRAZY FINISHERS



### Number 1.

Jump rope and Mountain Climber

20 seconds of each 10 seconds to transition 5 times

### Number 2.

Seal Jumping Jacks and Spiderman Mountain Climber

20 seconds of each 10 seconds to transition 5 times

### Number 3.

GOOD MORNINGS, SQUATS and PUSHUPS

30 seconds of each 3 times

### Number 4.

Squats jumps for 30 seconds and a 10 second hold at the bottom 4 Rounds

### Number 5.

Squat Jumps

Mountain Climbers

Leg Raises with Hip lift

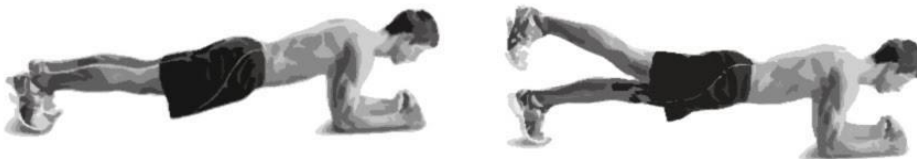
20 seconds of each with 10 seconds in between

3 rounds back to back

### Number 6.

Reverse ladder - 3 moves

Scissors, bicycle crunches, and alt leg hip extension in a plank position



Start the clock at 45 seconds of each have them do all 3 moves back to back, drop it by 10 seconds to 35, then down to 25 , then down to 15

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### Number 7.

Bicycle Crunch

Leg raise

Reverse Crunch

30 seconds of each for 30 rounds

### Number 8.

Burpee

Alternating Goblet Lunge

Mountain Climbers

30 seconds of each 10 seconds in between

3 Rounds

Triple Mountain Climber

Regular

Cross body

Spiderman

20 Seconds of each, fast - 10 seconds in between

### Number 9.

10 Burpees

10 Renegade Rows (total)- 5 on each

10 Side Lunges Lunge (total)

10 X Body Mountain Climbers (per leg)

10 DB Squats

REPEAT

### Number 10.

Jump rope, Squat thrust and DB jumping jacks closer

20 second of each + 20 seconds break twice

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### Number 11.

4 way Chop

KB or DB

Side to Side

Cross body right knee to left shoulder

Cross body left knee to right shoulder

Up and down

### Number 12.

Heel raises

Squats

Pushup holds

Jumping Jack

30 seconds of each 2x around

### Number 13.

Scissors

Spider-Man mountain climbers

Rocking planks

20 seconds of each

Back to back for 3 rounds

### Number 14.

Spiderman Push-ups

Cross-body Mountain Climbers

20 Seconds of each back to back

Rest for 20

Repeat 3 rounds

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### Number 15.

10 Pushups  
100 Meter Run  
20 Pushups  
100 Meter Run  
30 Pushups  
100 Meter Run

### Number 16.

Squat Jump - 30 seconds  
Push-up - 30 seconds  
Prisoner Lunge (alternating sides) - 30 seconds  
Ab Walkout (inch worm) - 30 seconds  
- Without rest, repeat one more time for a total of 4-minutes

### Number 17.

Windmills  
Jumping Jacks  
Squats  
Push up  
Mountain Climber  
30 Seconds of each twice

### Number 18.

Hindu Pushup  
Squat Jump  
Alt Arm KB Swing  
Plank  
**35 sec of work 15 sec transition**  
Repeat twice

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### Number 19.

WALL SQUAT 2 MINUTE HOLD or TILL YOU DROP

### Number 20.

Squat Jumps

Mountain Climbers

Leg Raises

20 seconds of each

3 rounds back to back

### Number 21.

Plank to pushup for 60 seconds

Break for 30 seconds and repeat

### Number 22.

Reverse Crunches

Bicycle Crunches

Rocking Plank

X Body Mountain Climbers

30 seconds of each 2 rounds

### Number 23.

Jumping jacks

Squats

Standing Bicycle Crunches

Lunges

30 seconds of each twice in a circuit

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### Number 24.

Mountain Climbers, Jump Rope, Seal Jacks

20/:10 x 5 rounds, rest 1:00 between rounds. (Perform :20 of work / :10 of rest for each exercise. Rest 1:00 between tri-sets, perform 5 tri-sets.)

### Number 25. 3 Rounds:

20 sec Split Squat (right leg)

20 sec Isometric hold at bottom of split squat (right leg)

20 sec Split Squat (left leg)

20 sec Isometric hold at bottom of split squat (left leg)

20 sec rest

### Number 26.

Good mornings

jumping jacks

Wide squats

Side lunges

30 Seconds of each twice

### Number 27.

Squat and push up ladder

Start with 10 squats and 1 push up

then 9 squats and 2 push ups

They keep going until is 1 squat and 10 push ups

### Number 28.

Seal Jumping Jacks

Close-Grip Pushup

Plyo Lunge

Mountain Climber

Side Lateral Raises

35 Seconds of Each 15 Seconds In between, Twice!

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### Number 29.

Triple Jumping Jacks  
1. Standing  
2. in a squat position  
3. in a pushup position  
30 Seconds of each  
30 Second break  
And repeat

### Number 30.

Power Plank  
Side Plank  
Leg Raise  
Side plank  
30 seconds of each twice

### Number 31.

30 Jumping jacks  
30 Mountain climbers  
3 rounds 30 sec in between

### Number 32

KB Swing and Goblet Squat Ladder  
Start with 10 of each and then work your way down to 1

### Number 33.

10 Bicep Curls  
10 Overhead DB Tricep Ext  
100 Meter Run  
20 Bicep Curls  
20 Overhead DB Tricep Ext  
100 Meter Run  
40 Bicep Curls  
40 Overhead DB Tricep Ext  
100 Meter Run

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### Number 34

Do the following superset 4 times. Rest 30 secs between supersets. Each exercise should be performed for 20 seconds

KB/DB Swings

Plank to Pushup

### Number 35.

Use this rep count

10, 8, 6, 4, 2, 4, 6, 8, 10

Exercises:

- push ups
- KB swings (Heavy)

### Number 36.

3 Minute BURPEES AMRAP

### Number 37.

3 Minute Frog Jumps AMRAP

### Number 38.

3 Minute Sit Ups AMRAP

### Number 39

3 Minute Squat Jump AMRAP

### Number 40.

3 Minute Pushup AMRAP

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### Number 41.

8 Reps of Each

Floor Chest Press (Heavy)

DB Chest Presses with DB on BOSU or Floor

DB Bicep Curls Standing on BOSU or Floor

Reverse Band Curls

8 Times

### Number 42.

8 Reps of Each

Heavy Single Arm KB Rows R

Heavy Single Arm KB Rows L

Bent over overhand grip band rows

8 Times

### Number 43.

Jumping Jacks and No weight Renegade Rows

30 Seconds of each 5 Rounds

### Number 44.

SUMO SQUATS, GOOD MORNINGS, and INCHWORMS (20 seconds of each 3 times)

### Number 45.

KB Alt Arm Swing

Rocking Plank

KB Squat into Overhead Press

20 Seconds of each move rest for 20 seconds Repeat 2 more times

### Number 46.

BAND PULL APARTS 100 REPS

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**Number 47.**

Alt Leg Step Ups for 3 Minutes

**Number 48.**

PLANK TILL YOU DROP (2 Minute Minimum)

**Number 49.**

Side Shuffle back and forth 50 meters, Grapevines back and forth 50 meters,  
Sprint 50 Meters  
3 Rounds

**Number 50.**

Farmers Walk for 3 MINUTES

**Number 51.**

Dumbbell leaning Single arm side lateral  
Dumbbell Shoulder press  
Dumbbell front raises coming all the way over head  
30 Seconds of each rest for 30 and repeat

**Number 52.**

Wide Squat Jumps  
Squat Thrusts  
Repeat two more times without rest and then rest for 30 seconds and repeat