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# **GUT-WRENCHING FINISHERS**

**The Hardest 3-5 Minutes Of Your Life**



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## **Gut-Wrenching Finishers**

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## **Gut-Wrenching Finishers**

Welcome to the Gut-Wrenching Finisher series. Inside is where you will find 7 of the hardest finishers you will ever do. The workouts will last 3-5 minutes with these 3-5 minutes being by far the toughest part of your workouts.

This is for the serious only. If you do not like working hard, you are in the wrong place!

All of these workouts will include the powerful exercise, the burpee. So I know you will like that :)

Put these at the end of any workout to help accelerate fat burning and extent your metabolic burn.

Keep me posted on your progress,

Dennis Heenan, CPT

Founder: [FatBurningNation.com](http://FatBurningNation.com)

Creator: [SuperheroSprints.com](http://SuperheroSprints.com)

P.S. Don't forget my other sites...

[www.FatBurningNation.com](http://www.FatBurningNation.com) - Blog posts, videos, motivation, free gifts, free content, and more.

[www.SuperheroSprints.com](http://www.SuperheroSprints.com) – Revolutionary six-week workout programs that combines the two most powerful fat burning workouts on the planet!

Join us on Facebook at [www.Facebook.com/BodyFitFormula](http://www.Facebook.com/BodyFitFormula)

## **Finisher #1**

***Move from one exercise to the next only resting when needed. Complete as many rounds as possible in 4-minutes.***

- 10 Squat Jumps
- 10 Pushups
- 10 Alternating Prisoner Lunges (total)
- 10 Burpees
  - Repeat as many rounds as possible in 4-minutes.

**Workout Goal:** Each time you perform this workout, your goal is to beat your previous round total.

**[Click HERE For Video Workout Descriptions!](#)**

## **Finisher #2**

***Complete as many reps as possible of each exercise in 60-seconds.***

- **Complete as many pushups as possible in 60-seconds**
- **Complete as many squat jumps as possible in 60-seconds**
  - **Rest 15 seconds**
- **Complete as many burpees as possible in 60-seconds**

**Workout Goal:** Increase you total number of reps on each exercise each time you perform this workout. Your goal should be to get 20 burpees in the final 60-seconds. Remember to keep proper form throughout.

**[Click HERE For Video Workout Descriptions!](#)**

## **Finisher #3**

*Move from one exercise to the next only resting when needed.*

- 60 seconds of Burpee Double Jumps
- 30 seconds of Jump Lunges
- 30 seconds of Sit Throughs
  - Repeat 2 times!

**Workout Goal:** Your goal for this workout is to complete all 4 minutes, keeping perfect form, with no rest.

**[Click HERE For Video Workout Descriptions!](#)**

## **Finisher #4**

***Complete as many rounds as possible of the exercises below in 5-minutes.***

- **Reach Through Pushups: 10 reps**
- **Ground Lunge Punches: 30 seconds**
- **Side Shoulder Raise Pushups: 10 reps**
- **Ground Lunge Punches: 30 seconds**
  - **Complete as many rounds as possible in 5-minutes**

**Workout Goal:** Each time you perform this workout, your goal is to get more rounds than you did the time before. For example, if you do 3 rounds the first time, your goal is to beat that the next time.

**[Click HERE For Video Workout Descriptions!](#)**

## **Finisher #5**

***Repeat as many rounds as possible in 5-minutes. There should be no rest between double unders and burpees. If you need to rest, rest after the burpees.***

- 25 Double Unders
- 10 Burpees
  - Repeat as many rounds as possible in 5 minutes.

**Workout Goal:** Complete more rounds each time you perform this finisher.

**[Click HERE For Video Workout Descriptions!](#)**



## **Finisher #6**

***Complete all reps before moving to the next! Complete this workout as quickly as possible.***

- **Single Leg Burpee: 7 reps each leg**
- **Clapping Pushups: 10 reps**
- **Single Leg Burpee: 6 reps each leg**
- **Wide Grip Pushups: 10 reps**
- **Single Leg Burpee: 5 reps each leg**
- **Close Grip Pushups: 10 reps**
- **Single Leg Burpee: 4 reps each leg**
- **T-Pushups: 10 reps**
- **Single Leg Burpee: 3 reps each leg**
- **Staggered Pushups: 10 reps**
- **Single Leg Burpee: 2 reps each leg**
- **Staggered Pushups (opposite hand forward): 10 reps**
- **Single Leg Burpee: 1 reps each leg**

**Workout Goal:** Your goal is to beat your time each time you do this finisher.

**[Click HERE For Video Workout Descriptions!](#)**

## **Finisher #7**

***Complete as many reps as possible on each exercise in the time frame given. Rest only when needed.***

- **Sprints in Place: 30 seconds**
- **Pushups: 30 seconds**
- **Burpee Double Jumps: 45 seconds**
- **Squat Jumps: 45 seconds**
- **Plank Side Raises: 60 seconds**
- **Burpees: 60 seconds**

**Workout Goal:** Your goal is to complete more reps on each exercise every time performing this workout. Make sure to keep perfect form throughout.

**[Click HERE For Video Workout Descriptions!](#)**

Now that you have gone through these 7 amazing Gut-Wrenching Finisher workouts, I know you are ready for more!

Here's the thing, I am known as the 'Workout Wizard' and have even been called the '**Clark Kent of the Fitness Industry.**' ----->

*(I know you like those black-rimmed glasses :)*

I know how to create awesome, done-for-you fat burning workouts...  
**Ones that bring incredibly fast results, are super fun to do, and many times can be done with zero equipment!**

If you are tired of not seeing results and *want a system that you cannot find anywhere else on the Internet...*

Then head over to [SuperheroSprints.com](http://SuperheroSprints.com) and take my 6-week Superhero challenge.

I am so confident that this system will work for you that I risk everything by offering it to you 100% risk free.

**Listen to my guaranteed:**

***If you do not see more results in the next 6-weeks than you have seen in the previous 6 months, I will return every penny spent!***

That is how confident I am. This is the exact system I used to get wedding day ready in under 6-weeks.

If it can work for me and the 500+ others that have gone through the system, it most certainly will work for you too.

Thank you for trying out the 9 Accelerator Fat Burning Workouts! Now take the next step and go grab the rest of the workouts that are waiting for you:

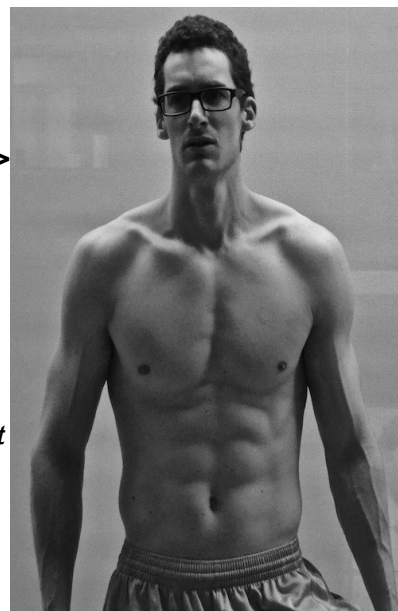
**[Click HERE Get the Complete Superhero Sprints System!](#)**

Dedicated to your fitness,

Dennis Heenan, CPT

Founder: [FatBurningNation.com](http://FatBurningNation.com)

Creator: [SuperheroSprints.com](http://SuperheroSprints.com)



**9 Accelerator Fat Burning Workouts**  
**By Dennis Heenan**  
**[SuperheroSprints.com](http://SuperheroSprints.com)**