

**BURN FAT IN 10 MINS**  
**HIIT METABOLIC WORKOUTS**

**By**

**Kevin Masson *MS, CSCS, CPT, USAW***

## **Disclaimer**

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Thank you and congratulations for downloading the BURN FAT IN 10 MINS Workouts eBook! This product will teach you all you need to know about (HIIT) and workout finishers, including how to apply them to maximize the fat-burning effects of your workouts in 10 minutes or less!

After years of studying and research with hundreds of clients, we have figured out what really works!

Within our program, we have developed an advanced system that sheds fat from even the most stubborn cases and boosts your metabolism for hours post-workout. Much the success is due to exercises like these finishers or by its real name (HIIT) High-intensity interval training, which burns fat long after you set down the weights, this process is called (EPOC) Excess post-exercise oxygen consumption and is defined by the measurably increased rate of oxygen intake following strenuous activity.

As part of our mission, we educate our community and share some of our fitness and health knowledge to help you reach your goals.

## **What is (HIIT)?**

High-intensity interval training (HIIT) is defined as a form of cardiovascular exercise that involves short bursts of high intensity (90-100% of VO<sub>2</sub>max), (Boutcher 2010) with moderate phases of recovery. Duration of activity and rest to work ratio can vary on the type of goal or result wanting to be achieved. Research examining the effect of HIIT indicates that it may be more effective at reducing subcutaneous and abdominal body fat than other types of exercise. Due to its intense nature, it is recommended that individuals undertaking High-Intensity Interval Training should only do it for less than thirty minutes (Boutcher, 2010). Therefore, within a specific timeframe that a person wants to exercise, he or she carries out short bursts of max-intensity exercise and then proceeds to a short period of activity of lower intensity.

We have compiled a list of our best finishers exercises that you can incorporate to the end of your existing workout routine to 10X your results. We are convinced that you will not only see results from these short workouts but also that you will never be bored and will enjoy them a lot more than long, steady-state slow cardio.

## **What Are Workout Finishers?**

This book equips you with some of the most fat-destroying finisher routines you're ever likely to find. I'm sure you are still a little curious about what a finisher is. Why are finishers so beneficial?

In short, they incorporate the HIIT principles, finishers are short (less than 10 minutes, and often shorter than that) high-intensity interval exercise routines that you perform after your strength workout is already over. They are also known as energy system developers. As a high-intensity, short-duration routine, finishers are a great way to push yourself to your absolute limit. These workouts will test your toughness like nothing you've ever tried. The results are insane!

## **What are the benefits?**

High-Intensity Interval Training has many benefits. Some of these benefits are not just inclined to the health of the participant. These benefits include the fact that High-Intensity Interval Training makes a person not lose muscles, but still lose weight, in other words, HIIT is preserving your lean body mass; therefore, the weight loss must come from fat. Regular HIIT has been shown to significantly increase both aerobic and anaerobic fitness. HIIT also significantly lowers insulin resistance and results in a number of skeletal muscle adaptations that result in enhanced skeletal muscle fat oxidation and improved glucose tolerance. (Burke 2010)

Many people desire to increase their muscles and lose as much weight as possible from fat to achieve that sculpting body that we all dream about. Therefore, dieters are encouraged to adopt High-Intensity Interval Training because it will make them achieve one of their primary intention of losing weight and maintaining their shape.

High Intensity Interval Training facilitates burning of more fats while at the same time increasing the metabolism of the body. When comparing an individual doing High-Intensity Interval Training and another one doing a steady-pace run, it was revealed that the person who did High-Intensity Interval Training burned more calories and fats than the one on a steady-pace run (Burke 2010).

So how does HIIT manage to save lean body mass and increase metabolism? HIIT facilitates the production of human growth hormone which also promotes more burning of calories. Therefore, by increasing the intensity, you'll also be able to maintain lean muscle, which will increase your resting metabolic rate or the amount of calories you can use while doing nothing. In other words, the bigger the lean body mass you have, the more calories you will burn at rest.

In addition to the above, HIIT also promotes EPOC. EPOC is a term defined by the amount of oxygen our body consumes following a bout of exercise that is in excess of the pre-exercise oxygen consumption baseline level (Boutcher 2010). In other words, we consume more oxygen post-exercise than pre-exercise, this process increases metabolic

demand and allows to burn more calories during recovery phase or homeostasis. This recovery process requires energy, which is why we see an increase in calories expended post-exercise compared to pre-exercise.

The following occurs during EPOC: replenishment of energy resources, re-oxygenation of blood and restoration of circulatory hormones, decrease in body temperature, and return to normal breathing rate and heart rate. (Reynolds 2001)

As a result, we incorporate this HIIT training into our finishers

As a matter of fact, this method will help get the results you crave in no time at all!

Additionally, as someone who knows what it's like to always be busy and lacking time to hit the gym more than an hour a day, I am always looking at how to make my workout more efficient and ways to burn as much fat as you can in as little time as possible. One of the most important benefits of adding a finisher routine to the end of a workout is that it's easily the best way to maximize your calorie burn in as short a time as you can.

## **What You Can Accomplish with Finishers?**

Your main workout should consist of primarily strength training exercises, and finishers will inject other types of workouts into your routine.

Finishers are excellent for several things, including:

- Accelerating fat loss
- Improving athleticism, strength, and conditioning
- Replacing traditional “cardio.”
- Short off-day or vacation activity for extra fat-burn
- Increasing your work capacity and overall fitness
- Building mental fortitude
- Destroying workout boredom
- Adds fun to the routine by adding some challenges

As you can see, finishers create variation without sacrificing the quality of your workout, and more importantly, they truly work! Notice the fat melting away!

Are finishers fun? If you're a masochist, sure! But for regular people like us, it will be the worst ten mins of the day, but the feeling you get at the end is priceless you've put everything you had, you gave it all into your workout, you'll walk away more satisfied than ever before.

## **How They Work**

Now that you know how wonderful finishers are and all the amazing things they can do, you are probably wondering, "Why don't I just do finishers all the time? After all, that's what everyone in CrossFit do?" That's a valid question, and if you have a metabolic training program designed correctly, by professionals that know what they are doing, you could include many more finisher-type exercises in your routine.

However, the risk of burning out is high, beating yourself down and not getting enough recovery is most likely going to cause more harm than good. That is why here at BioFit Performance we emphasize on the recovery aspect of the workout. Too much is not always better.

You see, these finishers are INTENSE. They require plenty of focus, and they make you work for their benefits.

The key to their benefit is that they are only 5-10 minutes long, implying that you should have no trouble getting through them. In fact, if you find yourself dreading the finisher, you are more than likely already doing too much during your workouts or your program is too complex.

If you ever need help designing a training program for yourself, we are more than happy to help!

The best way to use these finishers on your own is to choose ONE routine and add it to the end of your workout.

The first week, just add these exercises to 1 workout during the week.

After a few weeks, you'll likely feel stronger and much more able to handle increased volume. At that point, you can add finishers to a second workout during the week. Be careful don't add to much too quickly, remember more is not always better.

Finally, you will want to switch it up between the finishers you choose to keep the variety high and your workouts exciting. You will likely find your favorite, and your least favorite but keep your workouts varied to force your body to continue adapting to that stimulus, remember that the key is to force yourself out of that comfort zone.

## **One Last Thing**

If you have any questions about anything that you just read or how to add these exercises to your workout plan, don't hesitate to contact us! Here at BioFit Performance we love to help you accelerate your results and reach your fitness and health goals in any way we can. Enjoy the pursuit of your fitness goals!

Now, onto these fantastic workout finishers!

## **Metabolic Fat Destroying Finishers**

### Equipment

Many of these exercises require only body weight to complete. However, a few require more equipment to challenge yourself appropriately.

Some examples include:

- Stability Ball
- Medicine Balls
- Kettlebells
- Dumbbells
- Resistance Bands
- Low Aerobic Step

We provide bands at BioFit, but the rest can be purchased on Amazon or more than likely are already in your local gym.

### Rules of the Game

Just like any program, these finishers have “rules” that, when followed, will maximize the effect of your finisher routine.

. Choose "greater bang for your buck exercise." Meaning compound exercise like the squat that will target overall higher number of muscles

- Focus on low-threshold movements (i.e., movements and exercises that are not very technical to complete): Adding technical difficulty on top of fatigue promotes injury
- Focus on high intensity: Remember, these are meant to be short but intense; if you're able to hold a conversation during these, you're not going hard enough!

## **The Finishers**

If you don't know how to do an exercise, contact Kevin Masson at [kevin.masson@biofitperformance.com](mailto:kevin.masson@biofitperformance.com)



One movement. Just set the timer and go! These are great ways to focus on specific energy pathways (alactic, lactic, or aerobic) and overall conditioning.

- Bear Crawl for 8 minutes

This is one of the most challenging ones out there. Bear crawls will take you back to your childhood; crawling is a movement pattern that a lot of adults have forgotten and yet it is a fundamental movement. You most likely won't feel it until the halfway point, but then you'll REALLY feel it! Go as far as you can in one direction before turning around and heading back no rest until you have achieved 8 minutes.

- (EMOM) 10 KB Swings on the minute for 6–12 minutes

Start the timer and complete 10 KB swings. Rest until the 1 minute total is up. Do the next set of 10 KB swings, and rest for the remaining time you have until the 2 minutes have passed. Repeat for 6–12 minutes. (The key is to do your set as fast as possible so that you can rest longer but be careful don't sacrifice good form for speed).

- (EMOM) 12 Burpees on the minute for 8 minutes

Similar to the KB swings, start your timer and complete 12 burpees. Rest until the 1 minute has passed, then start your second set of 12 burpees. Repeat for a total of 8 minutes

- 100m Sprint on the minute for 8 minutes.

This will be a challenge for even the most experienced athlete if the sprints are run fast enough. If you are just beginning, do 50m runs at 80% of your top speed. Gradually build up with each successive workout, and in no time, you will be faster—and more in shape—than you have been in a long time!

- 5 rounds on the rower,
  - o 30 secs sprints / 1 min rest

This Viking finisher is tougher than it sounds, row! row! row!

## Going and Coming

Don't have a watch? No problem! These finishers are distance-based. You can literally "see" your progress as you move through the workout.

- 5 Rounds of:
  - o Broad (long) Jump 10 yards (may use squat jumps if this is too intense for your knees)
  - o Bear Crawl 10 yards
  - o Sprint 20 yards
  - o Rest 60 s, or until you have just caught your breath

This complex is best done outside, where you have plenty of space. A track is ideal, but a park or field works great. Take 10 long strides to measure out 10 yards.

- 3 Rounds of:
  - o Side Shuffle (mini resistance band around knees if you would like to progress the movement) x 20yds ea.
  - o KB Swings x 20
  - o Rest until heart rate recovers below 120 (or until you catch your breath)

This complex mix resistance band training with KB training and works on hip mobility and hip strength, two critical areas for injury prevention.

- 3 Rounds of:
  - o Reverse Lunge to Single Arm Press x 5 each
  - o Crab Walk for 20 yards

You do not need too much space for this complex, and it can be done indoors. Use a weight that is challenging for the single arm press in the first exercise.

- 6 Rounds of:
  - o Tiger crawl x 10 yards
  - o Alternating Walking Single Leg RDL (add weight as necessary) x 10 yards

This is a versatile complex that can be done entirely with your bodyweight. However, adding weight to the walking single leg RDL can increase the challenge and accelerate the muscle-building effects of this finisher.

- 3-minute density set of:
  - o Bear Crawl x 20 yards
  - o Walking Lunges x 20 yards

Another bodyweight complex that is both simple and challenging! This may well be one of the most effective full-body routines available!

- 5 Rounds of:
  - o KB Swings x 10 to Sprint x 20 yards
  - o Rest 60s

Any complex that includes sprinting will work your body in hugely beneficial ways. You'll be amazed at how efficient this routine builds you up—and how sore you can get from fundamental movements! Remember to be careful in the sprints, but the sprint is what makes the finisher mostly beneficial!

Small space, no equipment, we got you covered! No equipment is necessary! These are my favorite when I am on the road or if I've already lifted heavy that day.

- Multi-Directional Leg Matrix: 15 each of:
  - o Split Squats (each side)
  - o Lateral Lunges (each side)
  - o Skater Jumps (each side)
  - o Wideouts

Don't be fooled by the simplicity of this workout! The combination of squats, lunges, and jumps will rev up your metabolic engine all while training your legs to move in different planes of motion. Remember what we said big complex exercises make the bang for your buck! You

might discover muscles you didn't think you had! Repeat for up to 3 sets.

- 20s/20s/20s of:
  - o Bear Crawl - forward 4 steps, backward 4 steps
  - o Crab Walk - forward 4 steps, backward 4 steps
  - o Inchworm to Push Up (you can leave out the push up if it's too complicated)

Repeat for up to 5 sets. These exercises will challenge you in functional ways that we hardly ever do in typical Western life. Build your mobility and functional movement patterns while urging your muscles to burn more fat.

- 30s on / 15s off of:
  - o Wall Sit
  - o Bear Crawl
  - o Skier Swings
  - o Russian Twists
  - o Eccentric Push Up (5s down)

Feel the burn on this one. you only have to go through this once but feel free to do more than once.

## **Density Sets**

Don't have a lot of time? Density sets are a great way to get a lot of work in fast. You can track improvement over time by monitoring how many rounds you can complete in the given time.

Switch between the movements/exercises as indicated until the target time is reached. We like to keep our density sets short (5-8 minutes) at the end of a workout, but if you bump any of these up to 8-20 minutes, they could easily stand on their own.

- 5-minute density set of:
  - o Push Up Plank Rotations x8ea
  - o Stagger Stance Squat x8ea

You can put in a lot of work here and feel completely drained after just these two exercises; they are going challenge almost your entire body. Try to moderate your pace to last the whole 5 minutes.

- 3-minute Handstand Hold Against the Wall. Each time you rest, do 15 V-Ups!

While a handstand hold might not sound difficult, it unquestionably is! Including the V-Ups between bouts of handstands works your core differently.

- 4-minute density set of:
  - o SA Clean to Press (left)
  - o SA Clean to Press (right)

While simple (just one exercise on each arm), this movement is one of the best for your entire body. Use either DBs or KBs, and get ready to feel the burn!

- Crazy 8's - 8-minute density set of:
  - o DB or KB Rotational Squats x 8 ea.
  - o Dead bugs x 8 ea.
  - o Banana Rolls x 8 ea.

These exercises will work your core and stability while revving up your metabolism!

- 5-minute density set of:
  - o High Pogo Jumps x5
  - o Band-Resisted Push-Up x5

Jumps and band-resisted pushups will rev up your metabolism like there's no tomorrow! Moderate your pace on this one, you going to have to catch your breath and keep going for 5 minutes.

## **Recovery Finishers**

Sometimes after a workout, you're just spent. Remember what we talked about earlier? You don't have to beat yourself up; more is not always better, recovery is crucial so try these finishers, while still challenging, they will help open up your hips and shoulders and speed up your recovery to get you ready for tomorrow.

- 1 minute Sumo Squat Position (use counterbalance as necessary), 1 Minute hang from the bar

This is a great recovery finisher that is also challenging. Also, it is pretty straightforward: get in the bottom of a squat position and stay, and hang from a bar. It builds concentration and endurance, but it also works on your mobility and stability for future sessions. 1 minute of each alternating for 10 minutes straight!

- 60s on / 15s off for 2 rounds of:
  - o Wall Sit + Shoulder External Rotation
  - o Ecc Push Up (3s) to Prone T

Eccentric exercises especially (TUT) or Time under tension are the best for building strength and hypertrophy, and isometric exercises can create plenty of muscle tension that leads to gains in your lean mass. Plus, they burn a tonne of calories, so get ready for that fat-burning boost!

- 40s on / 20s off for 3 rounds of:
  - o Stability Ball Stir the Pot (alternating directions of the stir)
  - o Band Pull-aparts

Stability ball exercises challenge your core to build strength and stability, and band pull-aparts train your often-neglected back musculature. This finisher routine combines the best of both worlds!

- 60s on / 10s off for 2 rounds of:
  - o Kneeling Thoracic Rotation w/ 5s Iso Hold
  - o Glute Bridge Iso Hold w/ Foam Roller Between Knees
  - o Alternating Forward Lunge w/ 5s Iso Hold

Again, you are mixing mobility with targeted strength building in critical areas that are often neglected. This routine is excellent for restoration; you will feel better and fresher after it!

- 40s on / 20s off for 4 rounds of:
  - o Hip Thrust
  - o Side Plank + Knee Tuck
  - o Banded face pulls

This one is great for people sitting at the desk all day. Your glutes are easily one of the most important and underused muscle groups in your body, as they stabilize your hip region and are recruited in everything from standing and walking to sprinting. Unfortunately, modern society spends most of our day sitting on those powerful muscles and do more harm than good. The obliques, too, play an essential role in proper muscle balance, while the banded face pulls the best exercise you can do to trying and bring these rounded shoulders back into proper posture.

I hope you enjoy all these workouts. Remember to make them fun and utilize them as you see fit. They can be beneficial in many ways! Good luck

## References

Boutcher, Stephen H. "High-intensity intermittent exercise and fat loss." *Journal of obesity* 2011 (2010).

Burke, L. M. "Fueling strategies to optimize performance: training high or training low?." *Scandinavian journal of medicine & science in sports* 20.s2 (2010): 48-58.

Masson, Kevin. "High intensity interval training Vs. Low Intensity Steady State". Research paper, Barry University (2017)