

Full-Body Finishers OVERVIEW

Welcome to Full-Body Finishers: *Quick cardio + weight-training workouts for those who want results in 20 minutes or less.*

This free sample week of workouts is the product of requests I've received for an even shorter, intense training program that can be done with simple equipment like dumbbells, barbells and some kind of cardio. No fancy equipment. No hours and hours needed.

The workouts contained in Full-Body Finishers are metabolic conditioning (metcon) workouts, meaning they incorporate both weight training AND cardio.

The weight training is mostly moderate intensity, meaning you won't be maxing out, and this program is not specifically designed for strength or power lifting. It's designed to help you get lean while maintaining muscle, in less time. Because we are trying to cram a lot of exercise (reps and sets—high volume) into a shorter amount of time, these workouts are dense! You'll be doing a lot.

But, with that in mind, it's important to have good form, move with control and build a base of strength. More on all that below.

ALL WORKOUTS ARE 10-20 MINUTES LONG

These are short! And because of that, I want you to prioritize intensity.

Think about it. If I tell you to go out and run for an hour, what are you going to do? Pace, right? You know that you have to complete an hour, so your intensity will suffer. Sometimes, that's fine. But when you don't have all day to train, and you want to change the shape of your body—add muscle, lean lines, definition, lose fat—the key isn't staying in your “fat burning zone,” it's getting more uncomfortable than that.

The goal of each workout is to elicit what Metabolic Effect calls, “The Bs and the Hs”:

- Breathlessness
- Burning
- Heaviness (weight and in the muscles)
- Heat (meaning getting sweaty)

Not all 4 all the time, every single workout.

But *at times*, you want to aim for each of these things.

You'll elicit breathlessness in the cardio portions. You'll feel burning in the muscles when you lift moderate weight for many reps. You'll feel heaviness when you aren't able to complete any more reps and need to rest and shake things out. You'll experience sweatiness ... uh, probably every time!

But there's no exact formula to this. The workouts are designed to elicit different physical sensations based on rep schemes, suggested weight, speeds and recommended time lines. Your only job is to show up and do your best.

I have no specific expectations for you. I don't need you to kill it every single time. I don't need you to vomit. I don't need you to be sore for days. I don't need for you to choose weights that are too heavy. And the last thing I need is for you to try these workouts, hate them and never do anything ever again.

But if you start slow, choose lighter weights at first, move with intention and control from exercise to exercise, listening to your body, resting when you need to, pushing hard at times, resting at others, then you are doing it right.

This is 100% your own journey.

And remember, you are here because you want an exercise solution that gets results, but more importantly will help you stay consistent. And if you push too hard too fast, the only thing that's guaranteed is that you'll end up sore as hell, on the couch for weeks and hating life. Not the goal!

Listen to your body first. Be safe. Be intentional. Be smart.

EQUIPMENT NEEDS

The workouts included in Full-Body Finishers require dumbbells only. No traditional gym equipment needed.

For dumbbells: I'd recommend getting something in the 10-20 lb range if you only have access to a single set. However, two sets of dumbbells are ideal—one heavier (20-40 lbs.) and one lighter (8-15 lbs.) so that if need be, you can switch between them for some of the movements. You can order dumbbells simply on Amazon.com, [like these here](#).

THIS PROGRAM IS FOR ALL FITNESS LEVELS, BUT ...

The protocols can be done by all fitness levels, but if you haven't exercised in a while (or ever), be sure to start light and slow (maybe even with no weight at all). There will be plenty of time to work up to more intensity later.

Sometimes workouts like this can make us feel out of shape. Not gonna sugar coat it—because they are shorter, they are meant to feel intense. And especially if you haven't trained this way before, you might feel overwhelmed! And if you're anything like me, the temptation to beat yourself up for "not being in good enough shape," can inevitably creep in. Don't let it!

Don't let these workouts be one more excuse you use to feel not good enough. Just stay objective and the adjust intensities, weights, metrics as needed, no big deal.

Adjust them to where you are currently and do your best. That's it. No one is judging you, and I have zero expectations for you except that you try your best, get a great workout and see some incredible results with your body over the next few months.

Each person's experience will be different. This is meant to be a fun challenge and an effective training program, not dreadful or to make you feel badly about yourself.

A WORD ON SAFETY

These workouts will feel intense by default because of the time constraints, which means you will have to learn to listen to your body and adjust as needed.

Please, please, PLEASE do not get yourself nauseous or dizzy! This is not about making yourself sick or making yourself miserable. The goal is to ultimately *enjoy* the workouts and feel good enough to continue with the program.

Each person is different. And you know your body way better than I ever could, so stay in tune with it, even if you need to go a little easier at first until you get the swing of things. Go slow and controlled in your weight movements and rest as needed.

All workouts are to be performed in **Metabolic Effect's Rest-based Training (RBT) style**, which means you rest for as long as needed and as much as you need throughout the workout, even if it's *between* reps. At times you'll feel burning in the muscles, breathlessness, etc. and will have to take a timeout. That's perfect. Rest and let that burning dissipate or catch your breath, and then start back up wherever you left off. No rush, no hurry, no expectations.

There are no structured rests in any of the workouts, which means push until you can't and then rest until you can.

Literally rest as much and as many times as you need. I know that sounds counterintuitive, like, "Okay Jill, but if I'm allowed to rest whenever, I won't get a good workout!"

Not true. In fact, in our experience, the exact opposite happens—people push harder because the ability to rest whenever they want is in their hands. Autonomy of rest leads to greater pushes and discourages pacing. Thus, gets better results.

I love this technique because it encourages us to learn and stay in touch with your exertion and how we're feeling moment to moment. In a sense, it's a practice in mindfulness. And it also helps us push harder, while also giving ourselves complete autonomy in the workout.

WARM-UPS AND COOL-DOWNS

Because these workouts are intended to be short, there is not much warming up noted. BUT that doesn't mean that you shouldn't take extra time to do so. You know your body best, so please make sure you are sufficiently warm and loose before getting into the more intense parts of the workouts.

I suggest a combination of incline walking, jogging and even some dynamic stretches like high knees, squats, lunges in place, torso twists, skips, kicks, etc.

Again, listen to your body, take your time and make sure your muscles are sufficiently loose before diving into the metcons.

I have not included cool-downs or stretching as part of the workouts, again, because they are designed to be time-sensitive. But I do recommend some light walking and static stretching and/or foam rolling after your workout as time allows. Stretch the hamstrings, quads, low back, chest, shoulders and arms at your leisure. Be safe and take care of your body.

FREQUENCY OF TRAINING

There are 3 workouts contained in Full-Body Finishers, and I'd recommend doing them EVERY OTHER DAY to give yourself time to recover in between.

If you are new to exercise (or re-starting), again, start with 1-2 days/week and work up to 3x/week.

Listen to your body and if your motivation starts to wane, you have a hard time recovering, you are constantly sore, you are overly hungry or craving, or you are just feeling generally cranky and lethargic, then pull back.

Recovery between workouts is key. As is nutrition. Be sure to refuel with healthy nutrition, plenty of protein, tons of veggies, fruits and smart starches. For those having trouble recovering, you might even consider supplementing with L-glutamine, BCAAs and definitely a multivitamin and fish oil. Drink plenty of water and get enough rest. Sleep is magic.

Ultimately, your body will tell you what you can handle. Listen to it!

That's it! You can always, always get me by emailing info@jillfit.com if anything comes up for you. Always available.

Have fun, be safe and listen to your body always. Intensity + a smart approach = the holy grail of results.

A FINAL DISCLAIMER

These workouts are designed for educational and sharing purposes, and you follow them at your own risk. You are an adult, capable of listening to your body and knowing what it can and can't handle. I have done my best to prepare you for a safe and effective workout, but please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. Jill Coleman and Jill Coleman Fitness, Inc. assume no risk for your voluntary participation in this program.