

#PHYSIQUEFINISHERS - STRONG + LEAN TRACK

This is a 12-week option for adding finishers to your regularly scheduled programming. Because #PhysiqueFinishers is just finishers, I am not including traditional strength training or power lifting protocols, like compound lifts, etc. BUT, I know that many people already have their own routine and might want to add some fast finishers to the end of their workouts for strictly conditioning work.

Below, I indicated suggestions for what days to do which finishers, but ultimately it's up to you. This is just a SUGGESTED way that you could incorporate the finishers into the program you are already doing, since this question comes up a lot.

Remember, don't use these as an excuse to overtrain! Listen to your body, be safe, move with control and be smart!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Weeks 1-3	Traditional lift + 10-minute "Babes and Barbells"	Traditional lift	15 minute "Burpee AF"	OFF	Traditional lift + 10 minute "Grip Goddess"	Traditional lift	OFF
Weeks 4-6	Traditional lift	Traditional lift + 15-minute "Shoulder Boulders"	OFF	Traditional lift + 10-minute "Pop a Squat"	Traditional lift	15-minute "Benched"	OFF
Weeks 7-9	Traditional lift + 15-minute "Back in the Saddle"	OFF	Traditional lift + 10-minute "Cardio is Hardio"	Traditional lift	20-minute "Dumbbell Dead Meat"	OFF	Traditional lift
Weeks 9-12	OFF	Traditional lift + 15-minute "Brutal Bodyweight"	Traditional lift	20-minute: "Bearly Makin It"	OFF	Traditional lift + 15-minute "Goddess of Glutes"	Traditional lift