

KICK-ASS FINISHER DRILLS



BEAST PROTOCOL

BY LEON MELNICENKO

<http://georgettepann.com/beastpro>

You Get 50 Competition Crushing Finishers To WOW Your Clients

- Turbulence 5
- Full Throttle 6
- Devils Drill 169
- Agility Wizard
- Rise and Shine
- Tipping Point
- Battle Warriors
- Pec Attack
- The Iron Burpee
- Furnace 2.0
- 4 Strikes
- Titan Elite
- Plank Puzzle Finisher
- Crush It Real Good
- [Solo Attempt](#)
- Beat the System
- Total Wipe Out
- Hold Them Up
- 5 Set Sprinter
- Test Day
- Time Keeper Crush
- The Gauntlet
- Navy Seal
- Battle Legends
- Burpee Fitness Test
- Super Sonic
- Dynamite
- Linear Warrior
- Round Table Of Hell
- Reversed Oblivion
- [21 Shredder Attack](#)
- Satan 7
- The Iron Ladder
- King of Tabata
- Leon's Killer Routine
- Captains of Speed
- Surprise Attack
- Point Crusher
- Project X
- Strike Back
- Ninja Warrior
- No Retreat No Surrender
- The Duel
- The Perfect Storm
- The Binary Blitz
- Catching Fire
- Battle Rounds
- Super Combo
- Very Cheeky
- Very Very Cheeky

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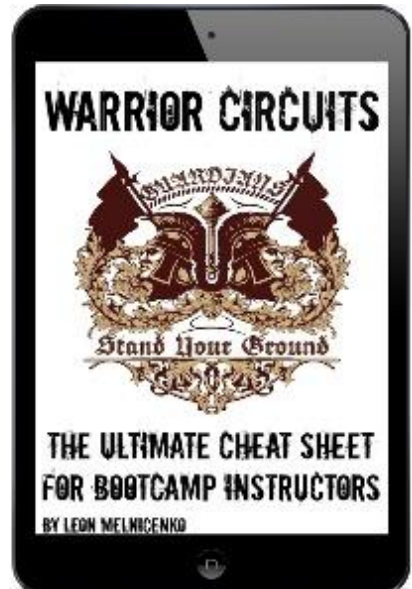
DISCLAIMER:

Before you start this or any exercise programme you must get your physician's approval. This e-book is for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. The workouts in this e-book are designed to be used by healthy individuals only and may be too strenuous for some people.

Readers/users should not perform any of the workouts or exercises in this e-book until they have been shown proper technique by a qualified fitness professional. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician.

The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this book.

BEAST PROTOCOL



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21 Shredder Attack

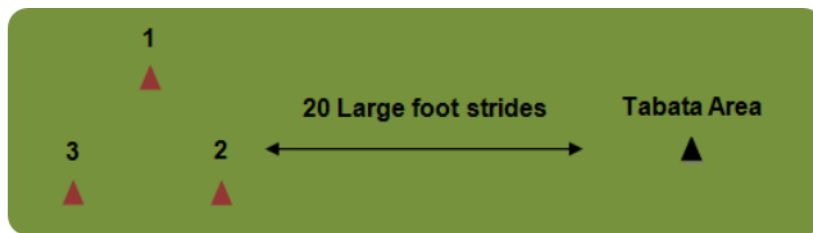
Duration: 21 minutes

Equipment: Stop watch

Players: 2+

Step 1: Lay the markers out as shown in the diagram then label the circuit markers, 1, 2 & 3 with a set exercise. You will also need to have 3 additional exercises in mind for the Tabata Area.

Step 2: Divide the group out randomly on to the 3 station circuit, each station should be covered.



Here's How The Challenge Works

Round 1: Complete each station on the circuit for 1 minute rotating clockwise. When finished, sprint over to the Tabata Area and complete the first Tabata exercise. The Tabata exercise must be performed for 4 minutes at a ratio of 20 seconds work and 10 seconds rest, this equals 8 rounds of exercise in total. (This is just standard Tabata). Once finished, players sprint back to the circuit.

Round 2: Same as round 1, however this time, the Tabata is performed using the second exercise.

Round 3: Same as round 1, however this time, the Tabata is performed using the third exercise.

Circuit exercise for 21 Shredder Attack

1. [Walk Downs](#) - performed fast but under control
2. [Get ups](#) - performed fast but under control
3. [Jacks](#) - There are 44 variations, choose one that best suits.... Give fitter players a harder version

Tabata Exercises

1. For every 20 second round perform this exercise combo..... 6 squats then sprint fast on the spot until the round is over. Remember, there are 8 rounds.... This is tough.
2. First 4 round = [Sergeant jumps](#) Next 4 rounds = [Power jacks](#) (beginners take it steady, fitter guys blast it)
3. [Ups and downs](#) (beginners on knees for this one)

Solo Attempt

EQUIPMENT:	5 markers, stop watch
NUMBER OF PLAYERS:	2+
TIME:	5 minutes
AIM:	Complete the circuit before anybody else
METHOD:	Lay out the markers as shown in the diagram. Label each marker (apart from the black start marker) with its own exercise. Players are working individually and must start at the black start marker.

Round 1

Step 1: Start the stop watch. Each player has 20 seconds to perform as many squats as possible. Players must count every repetition that they perform.

Step 2: When the time is up, each player should be left with a total number of repetitions.

Even number of reps: Move on to the next marker

Odd number of reps: Stay where you are.

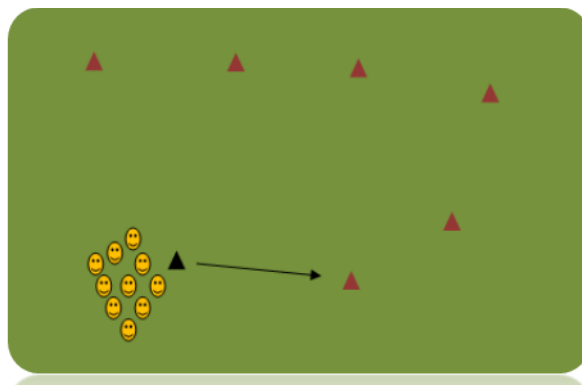
Play as many rounds as it takes until a player/s makes it full circle back to the start marker, The first player/s to make it back to the start marker will win the challenge and signal an end to the game.

Note: When the end of each round is called, players must stop on the number they are on and not try to sneak in an extra rep.

Game variation:



TIPS:

- Label each marker with its own exercise
- Any exercise can be used for this drill
- Increase the exercise time to 30 seconds per round





These Are Not Long Lists of Boring Exercises That You See In Other Manuals

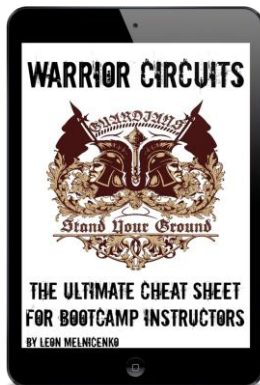
Workout 1	Workout 2
 <ul style="list-style-type: none"> 20 Push ups 20 Sit ups 20 Burpees 20 Star 20 jumps 20 Jacks 20 Inch worm 	 <ul style="list-style-type: none"> 20 Lunges 20 V-sit ups 20 Push ups 20 Climbers 20 Squat jump 20 Burpees 20 Seal jacks

Impress Your Clients With These Brand New Ideas



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- | | | | | |
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