

# THE KNOWLEDGE

We Coach Coaches.

# 30 CLASS FINISHERS



# OH SNAP! I FINISHED CLASS EARLY!

## What is a Finisher?

A finisher is a workout you can use when your class flow or timeline doesn't pan out how you thought it would. Maybe the class is smaller than usual. Or the warmup or workout went faster than you anticipated. Or you just want to give them something 'extra' before they leave.

It can be very handy to have a list of finishers on hand in a pinch, or even when you're planning ahead. We've made it even easier on coaches by organizing the finishers by type (Equipment or No Equipment) and timeline (5min, 5-10min, 10min) so they can quickly put something together without looking disorganized in front of members.

Enjoy and Stay Virtuous,  
Pat Barber

## **FINISHES WITH EQUIPMENT 5MIN**

### **Finisher #1 — Squat, Jump**

8 Plate Squats + Max Double Unders EMOM 5min

### **Finisher #2 — Swing, Midline**

100 KB Swings

\* Every time you put the KB down, perform 10 Parallette Passthroughs. \* Use a light-ish KB.

### **Finisher #3 (Partner) — Midline**

Barbell Wiper Ladder

Partner 1 starts with 2 reps, switches to Partner 2 and they do the same.

Partner 1 then does 4, switches and Partner 2 does 4... so on.

AMRAP 5min

\* The barbell cannot touch the ground when they pass it back and forth. Get creative with the transfers!

\* Burpee penalty for barbell on the ground.

### **Finisher #4 — HSPU, Run**

30 HSPU — QUICK SCALE: DB Push 400m Run — QUICK MOD: Row 500m

### **Finisher #5 — Squat**

Tabata Front Squat

\* Use an empty barbell. 8 Rounds

## **FINISHES WITH EQUIPMENT 5-10MIN**

### **Finisher #6 — Bike**

Perform 30/20 Cals on Assault Bike every 90sec — QUICK MOD: Sprint 200m  
4 Rounds (6min)

\* Adjust cal numbers as needed.

### **Finisher #7 — Midline, Jump**

20 Heel Taps

20 Lateral Jumps over Parallettes 3 Rounds

### **Finisher #8 (Partner) — Pull, Holds**

In partners, accumulate as many Pullups as possible in 7min.

While one person is working, the other person is Hanging on the Pullup Bar. Reps cannot be performed unless one person is Hanging.

QUICK SCALE: Ring Rows + Hold the bottom position on a Ring Row.

\* Every time someone Drops off the Pull up Bar, both athletes perform 5 Burpees together.

### **Finisher #9 (Partner) — Row**

Partner 1 Rows as far as possible in 2min Partner 2 Rests 2min

Switch

Partner 1 Rows as far as possible in 1.30min Partner 2 Rests 1.30min

Switch

Partner 1 Rows as far as possible in 1min

Partner 2 Rests 1min

Switch

\* Match people up so they can challenge each other for distance per effort.

### **Finisher #10 (Partner) — Jump, Midline**

In Relay Fashion:

5 Box Jump Overs, each — QUICK SCALE: Step Ups AMRAP 3min

Rest 1min

Partner MB Sit-ups — Scale the load as needed for the MB. AMRAP 3min

## **FINISHES WITH EQUIPMENT 5-10MIN**

### **Finisher #11 — Midline, Holds**

50 V-Ups — QUICK SCALE: Bend Knees as needed for V-Ups.

- \* Every time you break/pause, perform a 15sec Plank Hold.
- \* If you don't break, perform a Max Plank Hold on completion of the V-Ups.

### **Finisher #12 — Swing, Jump**

1-2-3-4-5-6-7-8 KB Swings 8-7-6-5-4-3-2-1 Box Jump

### **Finisher #13 (Partner) — Run, Squat**

While one Partner Runs 400m, the other partner accumulates OH Squats with empty barbell. Switch

- \* Scale load as needed.
- \* QUICK MOD: Row 500m instead of Running.

### **Finisher #14 — Pull, HSPU**

5 Strict Pullups 5 Strict HSPU EMOM 6min

## **FINISHES WITH EQUIPMENT 10MIN**

### **Finisher #15 (Partner) — Holds, Hip Extension**

While one person holds a HEAVY set of Dumbbells by their side for 1min, the other person performs 1min of Hip Extensions.

Switch

Repeat for two more rounds each with:

DB Hold — Pushups

DB Hold — Mountain Climbers

### **Finisher #16 — Run, Clean**

Run 800m — QUICK MOD: Row 1,000m

40 DB Hang Power Clean

With time remaining of 10min, perform as many Bar Muscle Ups as possible.

\* Use Rings if it is logistically possible within the timeframe.

### **Finisher #17 — Snatch, Press**

10 One Arm Alt DB Snatch

10 One Arm Push Press (5 each side) AMRAP 10min

### **Finisher #18 (Partner) — Bike, Squat**

In Partners:

30sec Max Cals Assault Bike — QUICK MOD: Sprint 100m

30sec Rest

30sec DB Squat Cleans

30sec Rest

4 Rounds

\* One person performs Assault Bike while the other performs the Squat Cleans.

\* They both rest, then switch.

### **Finisher #19 — Squat, Snatch**

Min 0-5: 10 Back Squat every minute

Min 5-10: 10 Hang Squat Snatch every minute

\* Use an empty Barbell.

\* Scale load as needed (you can use Dumbbells).

## **FINISHES WITH EQUIPMENT 10MIN**

### **Finisher #20 (Partner) — Handstand Hold**

Partner Handstand Hold Ladder — QUICK SCALE: Overhead Plate Hold or Plank Hold Partner 1 starts with 10sec, then Partner 2 goes.

Then they add another 10sec.

Repeat until one partner cannot hold for that period of time anymore.

The goal is a 1min hold (6 total rounds).

\* If one partner can't hold any longer, have them hold a plank for the remaining time their partner is going.

### **Finisher #21 (Partner) — Row**

One person Rows 1min while the other person Rests Switch

5 Rounds

\* They cannot look at the screen.

\* For every calorie they go under/over their rest row, they need to perform 2 burpees per calorie during their rest period.

### **Finisher #22 (Partner) — Wall Ball**

In Partners:

40-30-20-10

Unbroken Partner Wall Balls

\* Start set again if they break.

\* Total of 50 reps each.

\* Scale load and height as needed.

## **FINISHES NO EQUIPMENT 5MIN**

### **Finisher #23 (Partner) — Squat**

Bottom to Bottom Tabata Squats 20sec Air Squat  
10sec Rest at the bottom of the Squat 8 Rounds

### **Finisher #24 — Midline, Pull**

Unbroken Knees to Elbows Ladder

Add 1 rep each round (must be unbroken).

As far as you can go in 5min.

\* Scale to AMRAP Knees to Elbows in 5min OR Lying Knees to Pole.

### **Finisher #25 — Jump, Holds**

Min 1: 20 Jumping Lunges — QUICK SCALE: Stepping Lunges

Min 2: Side Plank (right)

Min 3: 30 Jumping Lunges

Min 4: Side Plank (left)

Min 5: Max Jumping Lunges \* Scale numbers as needed.



## **FINISHES NO EQUIPMENT 5-10MIN**

### **Finisher #26 — Handstand, Midline**

30sec Handstand Hold — QUICK SCALE: Plate hold Overhead

30sec Max Situps

Go for as long as you can hold the Handstand for the 30sec Unbroken. Ideally 5+ minutes (5 or more rounds).

Stop at or before 10min, depending on how much time you have left!

### **Finisher #27 — Burpee, Squat**

Odd Minute: 12 Burpees Even Minute: 20 Air Squats 8min

\* Scale reps as needed.

## **FINISHES NO EQUIPMENT 10MIN**

### **Finisher #28 — Plank, Crawl**

Accumulate 4min in a Ring Plank.

\* Every time you break, perform 50m Bear Crawl.

### **Finisher #29 — Pull, Squat**

Odd Minute: 3 Strict + 3 Kipping Toes to Bar Even Minute: 15 Wall Ball  
10min

\* QUICK SCALE: 6 Lying Toes to Bar per set \* Scale reps as needed.

### **Finisher #30 — Midline, Holds**

Alternate Between:

Hollow Rock

Superman Hold

Perform 30sec Hollow Rock Rest 15sec

Perform 30sec Superman Rest 15sec

5 Rounds