

JOINT-FRIENDLY

METABOLIC CARDIO

FINISHERS



**Low-impact Finishers to Boost
Metabolism without Pain in Just 10 Minutes**

DISCLAIMER

This guide is for educational and informational purposes only and is not intended as medical advice or a substitute for professional consultation.

Please consult with a healthcare provider or certified professional before starting any new fitness or nutrition program, especially if you have any pre-existing medical conditions or concerns.

The creators of this guide are not liable for any injury, illness, or health complications arising from the use of this program. Always listen to your body and prioritize safety in all activities.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.

Welcome to the 10-Minute Metabolic Cardio Finishers

Burn fat, boost energy, and finish strong ... all in 10 minutes or less.

If the word “cardio” makes you think of long, boring treadmill sessions or pounding pavement until your knees ache, think again. This guide was built to flip that idea upside down.

Metabolic cardio finishers are short, powerful bursts of movement you can tack on to the end of a workout or use as a quick standalone session. They’re designed to elevate your heart rate, rev up your metabolism, and help your body burn more calories, even after you’re done training.

Best of all, every finisher inside this guide is:

- ✓ Joint-friendly – no high-impact jumping or pounding required.
- ✓ Time-efficient – 10 minutes or less, start to finish.
- ✓ Flexible – use them after strength workouts or on off days.
- ✓ Effective – designed to boost endurance, accelerate fat loss, and improve conditioning.

How to Use This Guide

1. **Pick Your Finisher:** Choose 1–2 finishers per week to start. You'll find beginner-friendly options as well as more challenging ones - all can be done with minimal or NO equipment.

2. Plug Them In:

- Add one to the end of a strength workout to finish strong.
- Use one on an off day as a quick metabolism booster.

3. **Go at Your Own Pace:** Quality matters more than speed. Start at a pace that feels challenging but doable. As your conditioning improves, aim to shorten rest periods or complete more rounds.

4. **Link to Demos:** Each exercise name in this guide is linked to a video demonstration. Click any exercise name to watch proper form before you start.

Coach's Tip: These finishers aren't about punishment, they're about precision. Ten focused minutes of the right movements will do far more for your metabolism, energy, and fat loss than an hour of slow, mindless cardio ever could.

🔥 What Are Metabolic Finishers and Why They Work

The science-backed shortcut to a faster metabolism, more energy, and better fat loss.

Most people think cardio means long, slow, boring sessions. But the truth is, that's one of the least efficient ways to burn fat and often the reason people quit.

Metabolic finishers flip that approach upside down. Instead of spending 45 minutes slogging on a treadmill, these workouts pack powerful bursts of movement into 10 minutes or less, creating a metabolic ripple effect that keeps your body burning calories long after you're done.

⚙️ The Science of the “Afterburn”

When you do short, intense bouts of movement (especially with big, compound exercises), your body uses more oxygen during recovery to return to normal. This phenomenon, known as EPOC (Excess Post-Exercise Oxygen Consumption), is often called the afterburn effect.

That means your body continues to:

- 🔥 Burn calories
- ⚡ Use stored fat for fuel
- 💪 Repair and rebuild muscle

...for up to 24–36 hours after your finisher is done.

In other words, these 10-minute workouts work harder for you than an hour of traditional cardio ever could.

Why Finishers Work So Well for 40+ Adults

Metabolic finishers aren't just efficient, they're incredibly effective for people in their 40s, 50s, and beyond because they:

- ✔ **Boost metabolism naturally:** Aging slows metabolic rate, but short bursts of intense work help rev it back up.
 - ✔ **Support joint health:** Low-impact, joint-friendly movements provide all the benefits without the pain.
 - ✔ **Save time:** Perfect if you're busy, travel often, or struggle to stay consistent.
 - ✔ **Improve conditioning:** Build stamina and endurance without long workouts.
- 💡 **Coach's Tip:** The magic of finishers isn't that they're long or complicated. It's that they're short, focused, and repeatable. And when you do them consistently, they become one of the most powerful tools in your fitness toolbox.

How to Choose the Right Finisher

Find your level. Train smarter. Get results.

One of the best parts about metabolic finishers is that they're highly adaptable, which means anyone can do them, regardless of fitness level, experience, or how much time they have. The key is choosing the right starting point so you get all the fat-burning, metabolism-boosting benefits **without burning yourself out.**

Use the guide below to match your fitness level and goals with the right finisher approach:

Note: I decided to put a random meme below to take up the space AND so all 3 levels will be on the same page because I'm weird like that.



● Level 1: Beginner - “Build Your Base”

Best for: Anyone new to metabolic training, returning after time off, or dealing with joint limitations.

- Work intervals: 20-30 seconds per exercise
- Rest: 30-45 seconds between rounds
- Total rounds: 2-3
- Focus: Controlled movement, good form, steady pace

💡 **Coach’s Tip:** At this stage, consistency is more important than intensity. Your job is to finish strong, not finish exhausted.

● Level 2: Intermediate - “Push Your Pace”

Best for: Those with some workout experience who want more intensity and challenge.

- Work intervals: 30-40 seconds per exercise
- Rest: 20-30 seconds between rounds
- Total rounds: 3-4
- Focus: Slightly faster pace, controlled breathing, minimal rest between movements

💡 **Coach’s Tip:** This is the “sweet spot” for most people - challenging enough to drive results, but still sustainable week after week.

● Level 3: Advanced - “Max Your Metabolism”

Best for: Experienced exercisers who want to push endurance, improve conditioning, and maximize afterburn.

- Work intervals: 40-45 seconds per exercise
- Rest: 15-20 seconds between rounds
- Total rounds: 4-5
- Focus: High effort, tight transitions, controlled intensity from start to finish

💡 **Coach’s Tip:** Think “hard but doable.” You should finish breathless, but never broken.

How to Progress Over Time

Start with Level 1 or 2 and master the movements first.

Once workouts feel easier, reduce rest time, increase your work interval, or add an extra round.

Small progressions over time are the key to long-term results.



✓ **Remember:** There's no "right" or "wrong" level - only the one that challenges you right now.

Choose a level that feels challenging but achievable, and as your fitness improves, you'll naturally move up.



Metabolic Finisher 1 “Ignite”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Speed Squats

Modification: Assisted Bodyweight Squats or Glute Bridge (fast tempo)

Modified Burpee

Modification: March in Place

Speed Push-ups

Modification: Wall/Incline Push-ups
(at a fast tempo)

Total Body Extensions

Modification: Don't come up on your toes

Alternating Bodyweight Chop

Modification: None

Pro Tips:

- Even though you're doing these at a faster tempo, maintain control
- Adjust rest time if needed - you'll improve over time.
- When this feels easier, add a round or extend your work interval.



Metabolic Finisher 2 “Rapid Fire”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Crossover Lunge (left side)

Modification: Standing Hip Abduction (left side)

Crossover Lunge (right side)

Modification: Standing Hip Abduction (right side)

Plank to Push-up

Modification: Hands on a counter, bench, etc.

Split Shuffle

Modification: None

Metabolic Mountain Climbers

Modification: Incline Mountain Climbers

Pro Tips:

- The crossover lunge is challenging so slow down if needed
- Don't be afraid to slow down the mountain climbers if needed
- When this feels easier, tighten the transition time

Metabolic Finisher 3 “The Afterburner”

Level	Work	Rest	Rounds
 Beginner	20–30 sec	30–45 sec	2–3
 Intermediate	30–40 sec	20–30 sec	3–4
 Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Dumbbell Squat, Curl, & Press

Modification: Prisoner Triple Squat or Wall Sit (no equipment options)

Piston Row

Modification: Stick-up (no equipment option)

Skater Hops

Modification: March in Place

Shoulder Taps

Modification: Hands on a counter, bench, etc.

Kettlebell or Dumbbell Swings

Modification: Total Body Extensions (no equipment option)

Pro Tips:

- The squat/curl/press and DB piston row should be done with a lighter weight and fast tempo (if doing this one)
- No equipment? No problem. Use the no equipment options.

Metabolic Finisher 4 “Momentum Builder”

Level	Work	Rest	Rounds
 Beginner	20–30 sec	30–45 sec	2–3
 Intermediate	30–40 sec	20–30 sec	3–4
 Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Alternating Diagonal Lunge

Modification: Standing Hip Abduction or Glute Bridge w/Feet Wide

Band Pulls

Modification: Bodyweight Row

Cross Crawl

Modification: None

Jumping Jacks

Modification: Modified Jumping Jacks

Bodysaw

Modification: Chair Plank

Pro Tips:

- If you choose the hip abduction, alternate sides with every rep
- When doing band pulls, use a lighter band and use a fast, but controlled tempo
- When doing the Bodysaw, go at a fast, but controlled tempo



Metabolic Finisher 5 “Rev Up”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Sumo Squat

Modification: Bodyweight Sumo Squat or Assisted Bodyweight Squats

Hand Step-ups

Modification: Shoulder Taps

Air Punches

Modification: None

Reverse Lunge to Kick (left side)

Modification: Assisted Partial Stepback (left side)

Reverse Lunge to Kick (left side)

Modification: Assisted Partial Stepback (right side)

Pro Tips:

- Do the squats at a fast, but controlled tempo
- If you want to make the shoulder taps easier, put your hands on a counter or bench



Metabolic Finisher 6 “Cardio Surge”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Kettlebell Snatch or Dumbbell Snatch (left side)

Modification: 1-Arm Kettlebell or Dumbbell Swing (left side) or Total Body Extensions (but don't come up on your toes)

Kettlebell Snatch or Dumbbell Snatch (right side)

Modification: 1-Arm Kettlebell or Dumbbell Swing (right side) or Total Body Extensions (regular version)

Leopard Crawl

Modification: Baby Crawl or Incline Mountain Climbers

Farmer's Walk

Modification: Split Shuffle

Pro Tips:

- This circuit only has 4 moves, but I promise you, it's enough. 😊



Metabolic Finisher 7 “Total Body Burn”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Alternating Touchdown Lunge

Modification: Wall Sit w/Arm Raise

Push-up/Mountain Climber Combo

Modification: Wall/Incline Push-ups
(or Regular Push-ups)

2-Arm Dumbbell Row

Modification: Bodyweight Row

Inchworm

Modification: Modified Inchworm

Lateral Hops

Modification: Standing Hip
Abduction

Pro Tips:

- If you do the wall sit, to make them easier you can maintain a partial squat.
- For the rows, do them at a fast, but controlled tempo. Use a lighter weight if doing the 2-Arm row.



Metabolic Finisher 8 “The Furnace”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Goblet Split Squat (left side)

Modification: Bodyweight Split Squat or Assisted Single Leg Squat

Goblet Split Squat (right side)

Modification: Bodyweight Split Squat or Assisted Single Leg Squat

Renegade Row

Modification: Bodyweight Renegade Row or Shoulder Taps

Split Shuffle

Modification: None

X-Body Mountain Climbers

Modification: See tips

Pro Tips:

- You can make the shoulder taps easier by putting your hands on a counter or bench (any incline position)
- For the X-Body Mountain Climbers, do them at a fast, but controlled tempo. To make them easier, you can put your hands on a counter or bench.



Metabolic Finisher 9 “The Pulse”

Level	Work	Rest	Rounds
● Beginner	20–30 sec	30–45 sec	2–3
● Intermediate	30–40 sec	20–30 sec	3–4
● Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Alternating Step-up

Modification: Standing Hip Abduction

Diagonal Ab Wheel Rollout

Modification: Spiderman Climb or Modified Spiderman Climb

Prisoner Squat

Modification: Assisted Bodyweight Squat

Skater Hops

Modification: March in Place

Push-up/X-Body Mountain Climber Combo

Modification: Incline Plank

Pro Tips:

- No Ab Wheel? Do Spiderman Climbs (and if you're not ready for Spiderman Climbs, do the modified version)
- All exercises should be done with a fast, but controlled tempo

Metabolic Finisher 10 “Final Spark”

Level	Work	Rest	Rounds
 Beginner	20–30 sec	30–45 sec	2–3
 Intermediate	30–40 sec	20–30 sec	3–4
 Advanced	40–45 sec	15–20 sec	4–5

Instructions

- Perform each move for the time shown above based on your level.
- Rest between rounds as recommended.
- Complete the total number of rounds listed.

Circuit Moves

Alternating Lunge and Hammer Curl Combo

Modification: Wall Sit w/Reach

Band Pulls

Modification: Bodyweight Row

Modified Burpee

Modification: March in Place

Kettlebell or Dumbbell Swings

Modification: Total Body Extensions

Alternating Bodyweight Chop

Modification: None

Pro Tips:

- For the Lunge/Hammer combo, use a lighter weight and do these with a fast, but controlled tempo. If doing wall sits w/reach, do a partial squat to make it easier if needed.

What's Next?

Now that you've conquered the 10-Minute Metabolic Finishers, you've built something far more important than endurance... you've built momentum.



And that's exactly how I started...

Years ago, I was frustrated, out of shape, and honestly... tired of trying every new "fix."

But I discovered that small, consistent wins, just like these 10-minute sessions, are what truly transform your body and your mindset.

That experience completely changed my life. I've kept off over 115 pounds for nearly two decades, and I've spent the last 19+ years coaching others to do the same.

So when I say I understand what it feels like to start over, I mean it.

I've been in your shoes. I've struggled through the doubts, the schedules, the bad days, and the *"is this even working?"* moments.

And because of that, I bring a unique combination of experience and education to every client I work with - blending science-based strategies with real-world, lived experience.

Your Next Steps

If you're ready to:

- 💪 Build strength and energy that lasts
- 🍴 Eat in a way that fits your life (not the other way around)
- 🧠 Stay consistent without the guilt or perfection pressure

Then it might be time to take the next step.

That's what I help people over 40 do inside my coaching program, create a realistic, personalized plan that fits their life, body, and mindset for the long haul.

You can see how others have done it:

👉 [See Success Stories Here](#)

💡 Coach's Note

Whether you repeat these finishers, jump back into the Prime Fit Jumpstart workouts, or join me for coaching, remember:

You don't need to do **everything**.
You just need to keep doing **something**.

Because every 10 minutes adds up. Every rep, every habit, every day you show up, that's how real transformation happens.

Coach Mike