

Mike Whitfield reckons he's created the system that'll see the end to weight loss plateau. His metabolic program that is designed to help people lose fat without losing the muscle has caught the attention of WorkoutFinishers.net's Stan Stevenson, prompting an investigative review.

["Workout Finishers"](#) offers advantages to people of all levels of fitness, both men and women, young and old. With every Finisher exercise, there's also an easier version and you can also combine the two together to really personalize your workout plan," reports Stevenson. "Workout Finishers is quite a unique exercise plan. It is something that fitness trainers can also take advantage of, because once you've got this 'done-for-you' system right, you can use it to get the same outstanding results with your clients."

Workout Finishers consists of The 40 Workout Finishers Manual with 40 interval and finisher techniques, a four week program specifically designed to be complimentary to the 40 Workout Finishers manual called The "Torch" Fat Loss Program, Workout Training Log, Workout Finishers Exercise Library that is a video walk-thru showing people the exact technique of every exercise in the program, and The Simplified Nutrition Plan that offers simple, nutritional advice. The 40 Workout Finishers Manual is designed to bust through those fat cells with the minimum amount of time and also provides detailed information about why these work as well as they do. The "Torch" Fat Loss Program also offers exact information on reps and intensity.

["Mike's Workout Finishers"](#) is all about targeting the muscle groups in short, intense bursts. The result is fat loss in the shortest possible workout time. This is one thing which is surely an advantage in anyone's book," says Stevenson. "One thing that's going to get a lot of people stoked about Workout Finishers is the length of the exercises. Mike is not one for slogging out on hours of cardio per week."

"You don't have to give up any of your favorite workouts to gain the advantage of Workout Finishers because, exactly as the name suggests, these are exercises you do to finish off your workout that boost your metabolism considerably over the following 24 hours or longer. Workout Finishers is a great addition to your current fitness regime. The science behind this technique is likely to see you changing more of your workout for the better. This program does exactly what it says on the label and it certainly gets the thumbs up from us!"

[Those wishing to purchase Workout Finishers, or for more information, click here.](#)

To access a comprehensive Workout Finishers review, visit <http://workoutfinishers.net/workout-finishers-review-mike-whitfield>