## METABOLIC CONDITIONING

Training Style: Perform training exercises below in supersets. Go back and forth between 2 exercises for a period of 5 min non stop.												
Training Style. Per		Jack and form between 2 exercises for a period of 5 min flort stop.										
			Date	/		/	/	/	/	/	/	/
				Take a 2 min break after each 5 minute round								
Training Exercises	Sets	Reps	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
HANG CLEAN TO PRESS	1A	10										
SHOULDER TAPS	1B	20										
KETTLE BELL FRONT LUNGES	2A	10										
<u>ICE SKATERS</u>	2B	20										
RESISTANCE BAND PUSH-UPS	ЗА	10										
<u>BURPESS</u>	3B	20										
KNEELING BOSU BALL LATERAL RAISE	4A	10										
HIGH PLANKS TO TOE TOUCH	4B	20										
SLED PUSH	5A	10										
BUNNY HOPS	5B	20										
PLATE FRONT RAISE	6A	10										
SNAKE BATTLE ROPES	6B	20										
DRAGON FLAG	7A	10	Start with knees tucked in then straighten									
BICYCLE SIT-UPS	7B	20										