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.

			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
DB ECCENTRIC PUSH-UP	1A	10										
X PLANK TOE TOUCH	1B	20										
FLAT DB PULLOVER	2A	10										
BOSU PLANK JACK	2B	20										
BB DEADLIFT	3A	10										
VALSLIDE MOUNTAIN CLIMBERS	3B	20										
INCLINE ARNOLD PRESS	4A	10										
JUMP ROPE	4B	20										
DB KB RACKED ALT LUNGES	5A	10	5x each leg									
KNEELING ROPE SLAMS	5B	20										
OH MB RUSSIAN TWIST	6A	10										
BOTTOM HALF SPRAWL	6B	20										
FLAT DB CHEST PRESS	7A	10										
MB CURL TO OH SLAM	7B	20										