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
BB SUMO DL	1A	10										
BURPEE	1B	20										
INCLINE DB CHEST PRESS	2A	10										
BACK PEDDLE	2B	20										
BO DB ROW WITH ROTATION	3A	10										
UP-DOWN ROPESLAMS	3B	20										
AB ROLLER	4A	10										
JUMP ROPE	4B	20										
PROWLER PUSH	5A	10										
BACKWARDS BEARCRAWL	5B	20										
STANDING ARNOLD PRESS	6A	10										
UP-DOWN PLANK	6B	20										
BB HANG CLEAN TO PRESS	7A	10										
SIDE SHUFFLE	7B	20										