## **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
KB DEADSTOP SWING	1A	10										
SPRAWLS	1B	20										
TRX ROW	2A	10										
<u>PUSHUPS</u>	2B	20										
OH DB LUNGE	ЗА	10										
CRAB TOE TOCH	3B	20										
ROPE RUSSIAN TWIST	4A	10										
ROPE WAVE W SQUAT	4B	20										
REVERSE CURL INTO UPRIGHT ROW	5A	10										
VALSLIDE WALK	5B	20										
FLAT CHEST PRESS	6A	10										
BEARCRAWL HOLD SHOULDER TAP	6B	20										
KB SWING, CLEAN & PRESS	7A	10										
BOSU PLANK CRUNCH	7B	20										