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
BRIDGE SIT THROUGH AND PRESS	1A	10	Bridge Press									
JUMP ROPE	1B	20										
TRX SA PLANK AND SA ROW	2A	10										
KB AMERICAN SWING	2B	20	or Switch Swing									
LANDMINE SQUAT	ЗА	10										
MED BALL SLAM	3B	20										
BEAR SIT TO SIT THROUGH	4A	10	Or Just bear Sit (1st half)									
TALL KNEELING PALLOF OHP	4B	20										
KNEELING CHIN UPS	5A	10	or inverted Row									
SIDE TO SIDE CLIMBER	5B	20										
NARROW STANCE BRIDGE	6A	10										
BATTLE ROPE SPLIT SQUAT JUMP	6B	20										
BB SUMO DEADLIFTS	7A	10										
SIDE PLANK REACH THROUGH CRUNCH	7B	20										