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 m	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
<u>THRUSTERS</u>	1A	10										
TRX MUSCLE UPS	1B	20										
DBL KB CLEAN	2A	10										
FARMERS CARRY	2B	UnB x2	UnB Means Up and Back. Twice.									
REV BALL SLAMS	ЗА	10										
<u>SUPERMANS</u>	3B	20										
REV ROPE SLAMS	4A	10										
LYING KNEE CRUNCH	4B	20										
BOTTOMS UP PRESS	5A	10										
BANDED SPEED ROWS	5B	20										
WALKING LUNGES	6A	10										
PULSE SQUAT JUMPS	6B	20										
1/2CURL + PRESS	7A	10										
ICE SKATERS	7B	20										