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
INCLINE SUPINATED DB FRONTAL RAISE	1A	10										
LATERAL MOUNTAIN CLIMBERS	1B	20										
INCLINE CURL TO ARNOLD PRESS	2A	10										
TRX CLOSE GRIP PRESS	2B	20										
KB OH WALKING LUNGES	3A	10										
SLED ROW PULL AND SQUAT	3B	20										
BB GOOD MORNING	4A	10										
SIT THROUGHS	4B	20										
STANDING PLATE ROW	5A	10										
RISER STEP-UPS W ROPE SLAMS	5B	20										
DECLINE PUSH-UP	6A	10										
KB ALT SWINGS	6B	20										
DB GOBLET SUMO PULSE SQUAT	7A	10										
MEDBALL SIT-UP & SLAM	7B	20										