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
SWISSBALL HEX PRESS + PULLOVER	1A	10										
JUMP SQUAT	1B	20										
DB RDL	2A	10										
LOW PLANK CLIMBER	2B	20										
BO ROW + KICKBACK	3A	10										
BRIDGE WALK	3B	20										
RACK SQUAT	4A	10										
INCH WORM	4B	20										
CURL + PRESS	5A	10										
LOW PLANK JACK	5B	20										
GOBLET REV LUNGE + SIDE LUNGE	6A	10										
SPRAWL	6B	20										
OH SIT UP	7A	10										
LOW PLANK REACH	7B	20										