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
EXTENDED RANGE PRESS	1A	10										
JUMPING LUNGES	1B	20										
LYING HIGH PULLEY CURL	2A	10										
INCHWORK + PUSH UP	2B	20										
GOOD MORNING	3A	10										
JUMP ROPE	3B	20										
VINYASA PUSHUP	4A	10										
SPRINT	4B	20										
BB REVERSE LUNGE	5A	10										
PENGUINS	5B	20										
CUBAN PRESS	6A	10										
ICE SKATERS	6B	20										
DEFICIT DEADLIFT	7A	10										
BATWING PRESS	7B	20										