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	/	/	/	/	/	/	/	/	/
Training Exercises	Sets	Reps	Coaching Tip	Lbs								
SUMO KETTLEBELL DEADLIFT	1A	10										
ROPE OUTSIDE WAVES	1B	20										
NEUTRAL GRIP FLAT DUMBBELL BENCH	2A	10										
BENCH HOPS	2B	20	10 each side									
CHEST SUPPORTED DUMBBELL ROWS	3A	10										
<u>SPRAWLS</u>	3B	20										
KETTLEBELL CLEAN & SQUAT	4A	10										
ICE SKATERS	4B	20	10 each side									
ARNOLD PRESS	5A	10										
TRX PISTOL SQUAT JUMPS	5B	20	10 each leg									
GOBLET SIDE LUNGES	6A	10	5 each side									
PLANK JACKS	6B	20	Hands and feet out and in									
AB ROLLER	7A	10										
MOUNTAIN CLIMBERS	7B	20										