## METABOLIC CONDITIONING

Training Style: Perform olympic style, functional, and heavy resistance training exercises below using heavy weight.													
			Date	/	/	/	/	/	/	/	/	/	/
					Rest:								
Training Exercises	Sets	Reps	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
KB PAUSE SQUATS	а	10	Full squats										
SPRINTER SKIP	b	20											
DB BRIDGE PRESS	а	10											
ROTATING MTN. CLIMBERS	b	20											
TRAP BAR DEADLIFT	а	10											
<u>LEG RAISES</u>	b	20											
BARBELL SEATED SHOULDER PRESS	а	10	Bar should pass infront of face										
BUILDING LAP	b	1	1 lap after every 10 presses										
PLANK LATERAL RAISE	а	10/10											
BURPEES	b	10											
ALT. MB PUSH-UP	а	10/10											
LATERAL MB SLAMS	b	10/10											
SQUAT PRESSES	а	10											

**DOUBLE ROPE SLAMS**