## 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
<u>DB</u> <u>CLEAN/SQUAT/OHP</u>	а	10											
JUMPING JACKS	b	20											
INCLINE DB PRESS	а	10											
HAND TO SHOULDER PLANKS	b	taps each	n shoulder, 1 burpee, rep	eat 4 tim	es								
T-BAR ROW	а	10											
MTN CLIMBERS	b	40											
KB FRONT SQUAT/STATIONARY	а		10 squats/10 linges										
SPLIT SQUAT JUMPS	b	10											
DB FRONT RAISE/ARNOLD	а		10 raises/10 presses										
RUSSIAN TWISTS	b	40											
KB PUSH UPS/TRX ROW	а		10 and 10										
WALKOUT PLANKS	b		15										
PARKING LOT SPRINTS			1 sprint/ jog back										