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
SQUATS DB OR BB	a	10											
2 KNEELS,2SQUATS,2LUNGES	b	10											
STEP UPS	a	10/10											
FARMERS WALK TO SQUAT THRUST	b	5x	distance/2 squat thrust										
OFFSET DB DEADLIFT INTO LUNGE	a	5/5	5 each side										
MT. CLIMBER PUSHUP COMBO	b	10/1	do 5x										
KB TRANSVERSE SIDE LUNGE	a	10/10											
KNEELING MB SLAMS	b	20	fast!										
LAT PULLS	a	10											
GOBLET JACKS	b	25											
DB FLOOR CHEST PRESS	a	10											
DB PULLOVER/KNEE TUCK	b	15											
WALKING LUNGE/KICK BACK	a	10/10											
ISO SQUAT BI CURL/LATERAL	b	15											