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
INCLINE DB PRESS 21'S	a	7x3											
CRUNCH FLYS	b	10											
GOBLET CURTSY LUNGE/SQUAT	a	10/10											
ICE SKATERS	b	15/15	distance/2 squat thrust										
BARBELL RDL	a	10	5 each side										
HURDLERS	b	10/10	do 5x										
BARBELL CLEAN AND PRESS	a	10											
AB ROLLERS	b	15	fast!										
BAND UPRIGHTS	a	10											
PUSHUPS/BAND ROWS	b	10/10											
BULGARIAN SPLIT SQUAT/MB TWIST	a	10/10											
LEG RAISES	b	15											
HEADCUTTERS	a	10											
KB SWING/KB THRUSTERS	b	10/10											